

THE Messenger

Lakes, Bay & Region • January 14 2017

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FORGET DIETING



USE BRAINPOWER NOT WILLPOWER
TO BEAT STRESS AND LOSE WEIGHT



LEONIE: DO I HAVE AN ANGER PROBLEM?

YOUR SAY: NL SPEED TRAPS • THE CORSO • OVERTAKING BIKES • WHERE ARE THE POLICE? **HOW TO MAKE YOUR FINANCIAL RESOLUTIONS A REALITY**

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Road safety report: Festive Break 2016

POLICE HAVE PRAISED THE MAJORITY OF QLD MOTORISTS FOLLOWING A DECREASE IN BOTH TRAFFIC CRASHES AND TRAFFIC OFFENCES DURING THE FESTIVE BREAK

Six people lost their lives on Queensland roads during the 12-day operation, down from seven fatalities during last Christmas period.

There were 264 traffic crashes which resulted in injury, down eight per cent on the same period last Christmas while the number of persons injured dropped 17 per cent.

Speeding offences were down 22 per cent on last year including speed camera detections which also decreased 24 per cent.

Police conducted more than 137,000 Random Breath Tests (RBTs) and 2,094 Roadside Drug Tests (RDTs) with 697 alleged drink drivers intercepted and 367 motorists testing positive to illicit drugs.

Despite a decrease in overall traffic infringements, police were disappointed with a minority of drivers who put themselves and all other road users at risk

by engaging in high-risk behaviour.

The worst alleged speeding offences across Queensland included:

- A motorcyclist travelling at 240km/h in a 100km/h zone on the Bruce Highway near Maryborough on Christmas Eve.
- A motorist detected at 218km/h in a 110km/h zone on the M1 at Pimpama on December 29 (speed camera).
- A motorist detected at 209km/h in a 110km/h zone on the Bruce Highway at Glass House Mountains on January 2 (speed camera).

The worst alleged drink drivers across Queensland included:

- A 56-year-old Mount Gravatt woman was charged after allegedly returning a Breath Alcohol Concentration (BAC) of 0.346 per cent on Logan Road at Mount Gravatt on December 27.
- A 45-year-old woman was arrested after allegedly returning a BAC of 0.339 on Waterson Way at Airlie Beach on December 26.
- A 44-year-old Labrador man was charged with DUI after allegedly providing a BAC of 0.288 on Beaudesert Nerang Road at Witheren around 7.30pm on New Year's Eve.

The 50-day Christmas Road Safety Campaign is now in phase three - 'School Holidays' until 11.59pm January 22 when it moves into the final phase, 'Back to School'.



DEATHS, CRASHES AND OFFENCES WERE DOWN

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Changes motorists need to know in 2017

RACQ, THE STATE'S PEAK MOTORING BODY, HAS REASSURED QUEENSLAND MOTORISTS THEY SHOULD NOT BE WORSE OFF UNDER THE ETHANOL MANDATE WHICH TAKES EFFECT

From 1 January, all large fuel retailers will be required by law to ensure three percent of its regular petrol sales each quarter were bio-fuel based.

RACQ's Lauren Ritchie said the mandate should still allow motorists choice between fuels and offer competition across the State.

"Motorists will still be able to choose between unleaded, E10, premium, LPG and diesel at most service stations, despite the mandate on retailers," Ms Ritchie said.

"There's been some concern retailers will opt to remove unleaded petrol altogether to reach the E10 sales quota, as was the case in New South Wales, but we are assured the lower mandate in Queensland will prevent this from occurring."

"We encourage motorists to try E10 to see if it impacts on fuel usage or performance of their vehicles."

From 1 January, road closures for the Queen's Wharf development will take effect, impacting Brisbane CBD commuters heading back to work.

"Queen's Wharf Road (adjacent to the Brisbane River) will be permanently closed to all traffic and a section of William Street (between Elizabeth Street and Margaret Street) will also be closed," she said.

"Split traffic signals will also be introduced for motorists entering from the Elizabeth Street exit of the Riverside Expressway."

Ms Ritchie said motorists should also be aware toll prices for AirportlinkM7 will have a CPI increase effective 1 January but all other toll roads will remain the same price.



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Forget dieting!

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STRESS AND LOSE WEIGHT

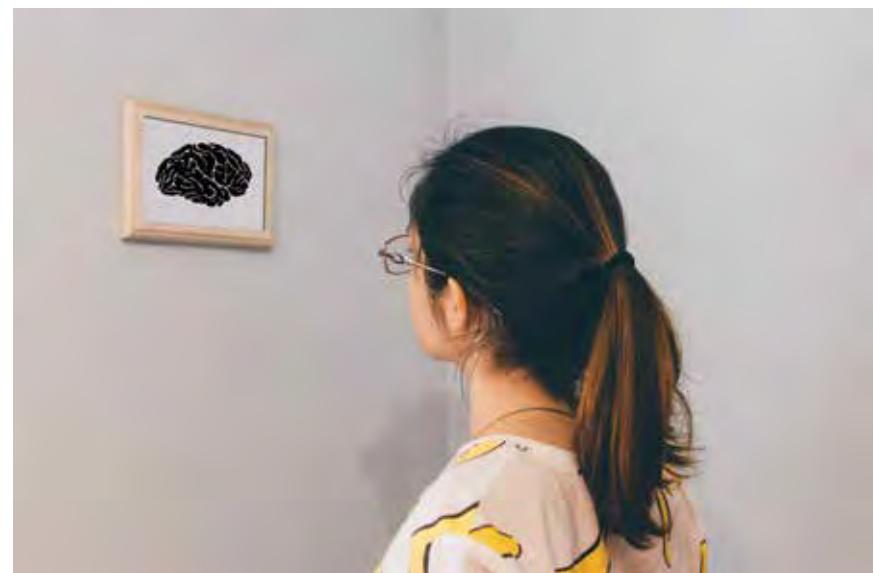
INTERNATIONALLY ACCLAIMED
NEUROSCIENTIST TELLS US
HOW TO MAKE IT HAPPEN

A QUT neuroscientist internationally acclaimed for her research on alcohol and sugar addiction claims brainpower rather than willpower is the key to living healthily.

Professor Selena Bartlett from QUT's Institute of Health and Biomedical Innovation said diets alone were rarely successful and our brains dictated our behaviour in a way unchanged since prehistoric times.

"Our brain responds to stress in an ancient way but it is possible to override it," said Professor Bartlett who has just published a book - MiGGi Matters: How to train your brain to manage stress and trim your body.

"Despite all the information out there on the dangers of being overweight and advice from countless weight-loss gurus, the Australian Bureau of Statistics tells us that 63 per cent of Australian adults are overweight or obese.



"When our ancient brain demands a pleasurable experience, it is common to reach for alcohol, sweet treats and comfort food. This is a problem for two reasons - they are high in calories leading to weight gain, and they are addictive."

Professor Bartlett's latest research shows sugar increases a neurochemical that binds to nicotinic receptors in the brain in the same way as alcohol and nicotine. Regular consumption of sugar, alcohol and nicotine change the brain, leading to the need to consume more and more to feel the same level of

DIETS CAN IN FACT MAKE US FATTER AND MORE STRESSED

"There is also overwhelming evidence that for many people who to lose weight through dieting, they quickly regain it. Diets can in fact make us fatter and more stressed.

"This is because we ignore our brain, which silently drives our behaviour as if we are still ancient humans living in prehistoric conditions.

"The same applies to addictive behaviours. When we are stressed our brain seeks pleasure and that's the problem."

Professor Bartlett said the brain has developed in complexity as humans have evolved and has three distinct sections - survival, emotional and rational.

"The survival section of the brain controls our heart beat, breathing and keeps us alive. The emotional section, in particular the amygdala, protects us from perceived danger by instigating a 'fight or flight' response while the rational section drives our functions like impulse control, planning and decision making," Professor Bartlett said.

"In today's stressful world of work, finances, relationships, parenting and other responsibilities the body releases stress hormones like cortisol. Over time stress hormones significantly reduce the number of synapses in the brain. This in turn impacts our rational brain and can reduce our impulse control.

"To counteract the damage caused by stress hormones, the ancient, emotional part of our brain drives us to find pleasure. When we experience pleasure, our body is flooded with hormones like dopamine, serotonin and endorphins. These bind to receptors in the brain and reduce the damaging effect of stress hormones.

"So the more stress you experience, the more your brain seeks pleasure to counter it.

pleasure.

"Just like alcohol and nicotine, a sudden decrease in sugar consumption will lead to withdrawal symptoms and cravings," she said.

"To overcome this we need to override the ancient brain. When the rational brain is in charge; sustainable weight loss is possible."

Professor Bartlett's book outlines the following five steps to help make this happen:

1. Be compassionate to your brain – it is an amazing, ancient organ that can be severely damaged by stress, especially in childhood while it is developing
2. Get to know the brain – an awareness of how the ancient amygdala drives your behaviour is critical to overriding unhealthy impulses
3. Identify when your amygdala is taking over or when you're having a "MiGGi moment" – in stressful situations acknowledge when you're suddenly taken by the urge to eat comforting food, smoke or drink alcohol
4. Replace food and alcohol with a MiGGi movement – deep breathing, stretching, walking, running; any movement that feels good
5. Reduce sugar and alcohol intake and increase cardiovascular and high intensity exercise – these will help to heal your brain of its stress-induced damage and build a strong, healthy body

MiGGi Matters: How to train your brain to manage stress and trim your body is available for sale at AU\$33 for a print version or AU\$24.95 in ebook for at www.miggimatters.com

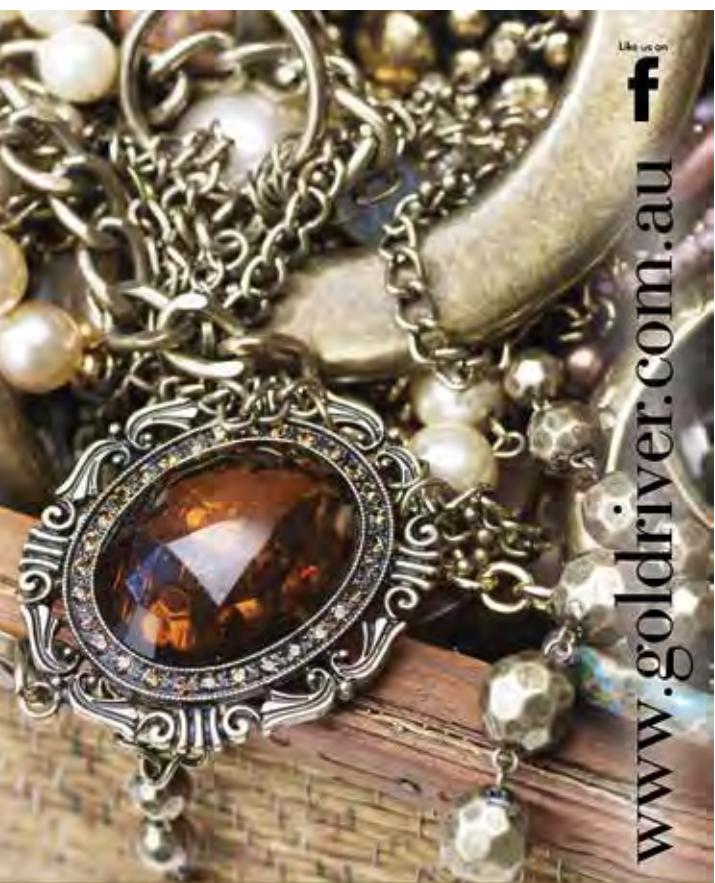


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Do I have an anger problem?

Hello Leonie,

I am hoping that you reply to my email in the Messenger. I love your straight forward approach and feel that you might offer me some help I have need for and not found from anyone else.

I have been told that I have an anger problem by my now ex-girlfriend. When someone says something like this of course I'm going to think about it. So I have given it a lot of thought and I have never acted out, abused her or been aggressive but I was however angry that she cheated on me, took money from my wallet while I was sleeping and the last straw was showing up at my Christmas party drunk.

I was angry and told her in no uncertain terms that we did not have a future. I spoke to my mum about this and she said that she did feel from time to time that I do get angry and I just feel that anger is an emotion just like being sad or frustrated and things happen that make people angry.

I am upset that mum has not sided with me and she never liked this girl anyway. Now I see that she has told people that we broke up supposedly because of my anger issues and I don't want to respond with the truth about her because firstly I don't think it's fair to trash someone online even if you are talking straight and the truth and secondly I just think that I shouldn't have to defend myself.

I have been upset over Christmas just dealing with the breakup and all of this bad mouthing is just piling on.

What do you think about this?

Name withheld/North Lakes

Hi,

Firstly I don't think you have anger issues but rather I feel that you have had an appropriate response to being mistreated. As you have rightly said anger is a perfectly human and natural reaction to being mistreated, trespassed against and wronged by someone else and it often alerts us that we are indeed being treated unfairly. If we don't get upset and angry when others mistreat us we may become victims and or doormats that have little self worth.

Frankly, I would be more worried about you if you didn't get angry about being cheated on and robbed. Many times over the years I have seen that people who have been cheated on, robbed or mistreated in some way often don't get any forward movement until they see the treatment they received clearly. Once a person can see that they have been abused emotionally, psychically or financially and they start to get angry about it, they often take the first steps in healing and creating a new way of operating in the world that protects them from abuse in the future.

There are some very good reasons to make sure that you don't fight the urge to get angry to the point of being comatose to please others. If you push down or hide anger in personal relationships, you are not playing fair because we rob your partners of the ability to address their behaviour.

If your partner doesn't know they've done something wrong (even if it's blindingly obvious) they can't address the issues that are upsetting us and this can be terminal to the union. You are also not being fair to yourself because you can't live your best life under the feet of others.

Additionally, anger can be a very motivating force that pushes us to rescue ourselves, seek compensation or change our situation in some other way. For instance if we don't get angry that our boss is not paying us money owed, we are unlikely to get motivated enough to make him accountable.

People who pay attention to all their emotions and respond accordingly tend to be happier and more successful in life than those who don't. There is not much you can do about the social media issues except to block and ignore the rubbish as best you can. Pretty soon these types will move on to trashing someone else so I would suggest not giving the situation any oxygen.

In the case of your mother: consider sitting down with her and explaining how you feel about her lack of support and perhaps show her this response. Reassure her that she has done a good job in raising a son that has set clear standards in his relationships and is no body's door mat.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.

For appointments please phone 3886 2715 or 0423 653 841

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Make sure you know your consumer rights

DID YOU GIVE OR RECEIVE A CHRISTMAS GIFT THAT WILL NEED TO BE RETURNED? SCORE A DUD AT THE BOXING DAY SALES?

KNOW YOUR RIGHTS WHEN IT COMES TO REFUNDS AND EXCHANGES.

Acting Attorney-General and Minister for Justice Stirling Hinchliffe said it was important Queenslanders knew what they are entitled to.

"According to Australian Consumer Law, shoppers are entitled to a refund or replacement if an item is faulty, damaged or dangerous," Mr Hinchliffe said.

"Queenslanders should also remember that while many retailers are happy to exchange or refund items if you change your mind, they aren't always legally obliged to.

"Take the receipt with you if you need to return, replace or exchange an item, this will help streamline the process."

Mr Hinchliffe also said "No refunds on sale items" were illegal and that consumers were entitled to a refund or replacement of a faulty, damaged or dangerous product, even if they purchased the product on sale.

The Palaszczuk Government also wants to ensure Queenslanders taking advantage of Boxing Day sales are not misled when it comes to price tags.

"When hitting the shops, make sure you pay extra attention at the cash register to ensure the scanned price was the same as the price you saw on the shelf," Mr Hinchliffe said.

"In sales after Christmas, retailers often mark down prices or hold promotions - which is great for shoppers, as long as the discounted price isn't misleading and the original price hasn't been inflated."

Mr Hinchliffe also encouraged Queenslanders who receive gift cards for Christmas to use them wisely so their value does not go to waste.

"If you receive a gift card, try and use it as quickly as possible to ensure you don't let it expire and to minimise



the risk of the business going into administration or liquidation," he said.

"It's also a good idea to treat the cards like cash. If your gift card gets lost, it's unlikely you'll be able to use any remaining value on the card, so keep them in a safe place."

Hot tips:

- If you're claiming a refund or replacement because the product was faulty, you don't need the original packaging.
- Remember that retailers aren't legally obliged to exchange or refund items if you change your mind.
- "No refunds on sale items" signs are illegal - if a product is faulty, damaged or dangerous you are entitled to a refund or a replacement.
- Keep your receipts. Take a photo of your receipt or store it with the 'Buy Smart' app, available from the Office of Fair Trading website.
- If you suspect any misleading price signage, report it to the Office of Fair Trading.
- If you receive a gift card, set a reminder on your phone or calendar to remind you to use the card before it expires.

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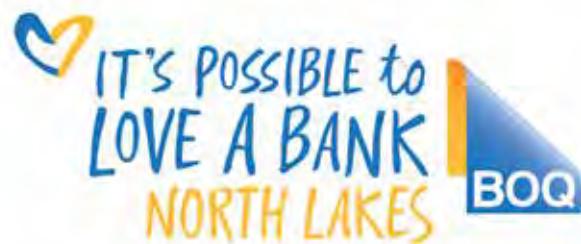
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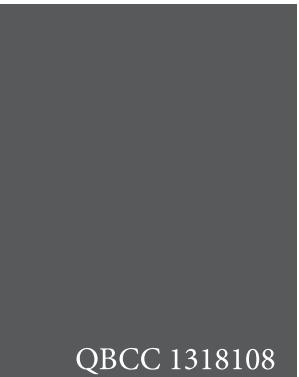


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Where are the Police?

Response to TC

For a start you are not my friend.

You may also be surprised at how educated I am, compared to yourself.

Secondly I have never had a ticket of any kind from police or others after many years of driving and living on this earth.

Thirdly I dare say, I have ventured a lot further than the North Lakes area and other states of Australia and overseas during recent years.

I would like to inform you that I leave my house every day as most normal people do. I am well aware of the infrastructure that has been happening in and around North Lakes.

I have no fabulous idea as you say, on how to rectify the problem, those that are paid and trained to manage and plan such things are the ones that should be doing this.

It appears your very fragile on this topic, makes one wonder why this would be?

PO

The Corso

When the North Lakes library was located in the 2 story building in Discovery Dr, the patrons respected the fact that it was a library and there was peace and quiet whenever the library was operating. It was a great place to visit and read and respect the surrounding.

The "LIBRARY" in the Corso is NOT a library but as the staff will tell you, it is a community centre.

If the Mayor and our Councillor can stop patting themselves on the back for 5 minutes, they should visit the "library" where they will find it is impossible to

sit near the wall facing North Lakes Dr as the morning sun streams in through the untinted windows.

It is bad enough to have to visit this "library" during non school holiday times where it is only a child minding centre, but now it is total mayhem, with dozens of children and minders shouting, yelling and screaming all the time.

It is impossible to read a book or spend any quality time on any of the computers.

Come on council, give us our quiet and peaceful library back.

MWL

NL Speed Traps

Just would to thank North Lakes Police for seeing (my first ever) speed trap on Bounty Boulevard earlier.

Now that you guys have started using decoys, what about considering placing the traps in the rat running streets, where 40km's speed limit is a joke.

BZ.

Overtaking Bikes

We know the laws and the rules but a slight hiccup when approaching bike riders on Mt Glorious on Boxing Day 2016. What to do?

Time was on our side, we waited before going around, though some time later a small red car approached a bike rider with us approaching from the opposite direction, thinking the driver would also wait

then go around the bike rider. No, the driver overtook bike on the wrong side of the road. We were almost clipped (head on).

Please all road users: THINK

None of us are perfect but let's try to get it right on the roads. Let's stay safe on the Roads. Our Drive from Gatton to Redcliffe and back went well. We Survived Our Drive. Hope to survive many more drives.

from Curious and Interested

WHAT'S ON

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www.northlakesmessenger.com.au

Please direct questions about this free service to editor@northlakesmessenger.com.au

BACKYARD SUMMER PARTY (BY PICNIC HILL)

Date: Thursday January 26 2017

Time: from 10am

Location: Corner of Oxley and Anzac Parades, Redcliffe

Cost: \$2.50 entry

The Picnic Hill team is presenting Backyard Summer Party on Australia Day this year. Celebrate summer with the JJJ Hottest 100 Countdown booming from the main stage.

Other entertainment includes live graffiti art, craft beer, cocktails, bbq, dunk tank, festival rides, cricket and more!

Bring your beach towels and soak up the Aussie Summer. Like Picnic Hill's other events all funds go to supporting youth at risk throughout North Brisbane.

DOLLSHOUSE EXTRAVAGANZA

Date: 25 and 26 February 2017

Time: 10 am to 4 pm Sat. and 10 am to 3.30 pm Sun.

Location: Strathpine Community Centre, cnr Mecklem Street & Gympie Road

Cost: Adults \$10. School age \$5. Pre school Free

There will be traders selling wonderful miniatures, dollhouses etc plus, there will be great displays put on by very talented local miniaturists. For further information please contact Julie on 0412 634 764

MANGO HILL CWA MEETING

Date: February 10 2017

Time: 9.00 am for a 9.30am start

Location: Corner of Oxley and Anzac Parades, Redcliffe

Cost: \$2.00

The Mango Hill CWA group next meeting will be held at the Mango Hill Community Centre Chermside Rd. Mango Hill on 10 th February 2017, at 9.00 am for a 9.30am start.

If this is your first time in coming you are more than welcome to bring a friend. We have a token charge of \$2.00 to cover rent.

Bring an item from home that is sentimental, or has a funny or unusual story, or it could be just for its beauty.

ALADDIN – THE PANTOMIME BY ROAR ACADEMY

Date: Friday January 13 & Saturday January 14

Time: 7pm Friday, 2pm Saturday

Location: 102 Anzac Avenue, Redcliffe

Cost: Adult \$15 / Concession \$12 / Family \$45

ROAR's version of Aladdin is in the traditional British style with Prince Pekoe being played as a Principal Boy and Widow Twankey being played by a man. The action is set in Peking, China for the most part with one scene in Act 2 taking place inside an Egyptian pyramid.

Aladdin and his brother Wishee Washee help out their rather disorganised mother Widow Twankey who runs the local laundry/bag wash. Aladdin has fallen in love with Princess Say Wen, the daughter of the Emperor and Empress of China. The wicked Egyptian magician Abanazar enlists Aladdin's help to find the magic lamp and things start to go wrong from there. Look out for the magical Genie and mystical Fairy of the Ring.

Visit www.roaracademy.com for more info

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E-cigarette use prompts cautionary warning

WRITES ANITA GREEN

Use of electronic cigarettes (e-cigarettes) has increased rapidly worldwide in recent years, and while some experts suggest e-cigarettes can be used as a pathway to the reduction of tobacco smoking, others characterize them as undermining efforts to disparage tobacco use.

According to a report by the WHO, electronic nicotine delivery systems are the subject of a public health dispute among bona fide tobacco-control advocates, which has become more divisive as their use has increased.

One study, by Professor Igor Burstyn at the Drexel University School of Public Health, found there was no evidence to suggest smoking e-cigarettes exposed the user to contaminants that are associated with risk to health at a level that would warrant attention.

However, the Cancer Council identifies the use of e-cigarettes as concerning, as the limited evidence available points to a risk that widespread electronic cigarette use could undo the decades of public policy work in Australia that has reduced the appeal of cigarette use in children.

Cancer Council Australia and the National Heart Foundation of Australia are also concerned about unsubstantiated claims that electronic cigarettes can assist smokers in quitting.

Products currently on the market in Australia have not been approved by the Therapeutic Goods Administration for

safety, quality and efficacy.

There are claims to suggest e-cigarettes can aid quitting, but there are also reports of users increasing their nicotine addiction, from dual use of e-cigarettes and tobacco, or from e-cigarettes acting as a pathway for tobacco and nicotine addiction.

The sale and possession or use of e-cigarettes containing nicotine is unlawful in all Australian jurisdictions under poison control legislation, however smoke free laws do not apply to electronic cigarettes.

While the short and long term health effects of e-cigarettes remain unknown, anecdotal reports of e-cigarettes being confiscated in schools have already been identified by Cancer Council Australia.

Cancer Council is also concerned that there are virtually no restrictions on electronic cigarettes without nicotine, some of which with fruit and confectionary flavours have been promoted to young people.

Given the potential associated risks, Cancer Council Australia and the National Heart Foundation of Australia are advising extreme caution on electronic cigarettes.

As per their position statement, Cancer Council Australia and the National Heart Foundation of Australia recommend the following public policy measures are considered to assist in protecting young Australians from the potential harms of widespread electronic cigarette use:

- Ban the retail sale of non-nicotine electronic cigarettes
- Ensure smoke free laws in each state and territory cover e-cigarette use
- Prohibit advertising and promotion of electronic cigarettes, consistent with tobacco advertising prohibitions

For more information, visit
www.cancercouncil.org.au



**SOME EXPERTS SUGGEST
E-CIGARETTES CAN BE USED AS
A PATHWAY TO THE REDUCTION
OF TOBACCO SMOKING**

ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



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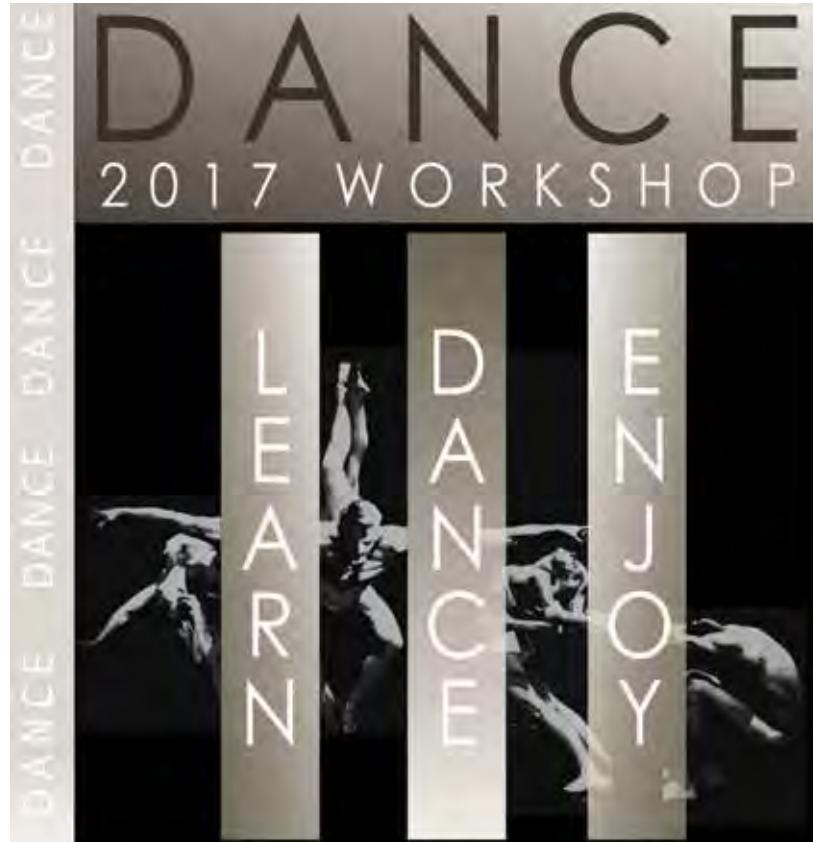


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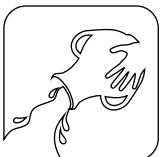
7-12
\$325

SENIOR

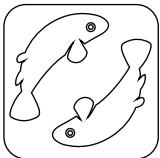
13 & Over
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For further information and to register for our 2017 DANCE WORKSHOP, please visit www.stepsdancecentre.com

YOUR STARS



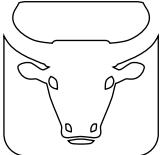
Aquarius Jan 21-Feb 19: It's not easy going slow while others race ahead, but there's a reason why the tortoise always beats the hare.



Pisces Feb 20-March 20: This is the perfect time to have a discussion about a sensitive topic. The tone for the day is dispassionate yet respectful.



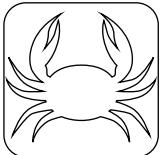
Aries March 21-April 20: Be more withholding rather than divulging everything straight away. That way the other party has to follow your lead.



Taurus April 21-May 21: True friendships aren't based on who you know. It's based on the people who truly know you.



Gemini May 22-June 21: It would be easier to duck out of the problem you face but your interests piqued. Besides, you've never been one to walk away from a riddle.



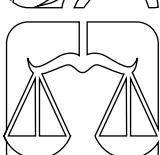
Cancer June 22-July 23: You care more about substance while someone else looks quite taken with appearance. Show this person how one adds to the other, not detracts.



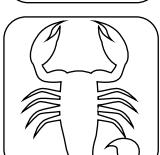
Leo July 24-Aug 23: A problematic situation is settled once and for all. It's true that you've heard this before, but this time it's for good.



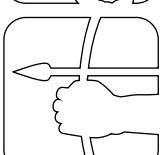
Virgo Aug 24-Sept 23: Does the current life path look familiar? The wonderful thing about learning from the past is getting the chance to apply it to the here and now.



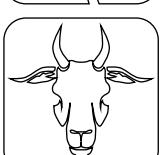
Libra Sept 24-Oct 23: The only way to get out of the jam is by distancing yourself from someone you said you'd stand by. Inch your way towards the door and maybe they won't notice.



Scorpio Oct 24-Nov 22: People can try to justify their actions all they like. You know your right and shouldn't budge until they own up to their mistakes.



Sagittarius Nov 23-Dec 21: As you grudgingly fill out forms in triplicate or even quadruplicate, remember this is protecting your interests.



Capricorn DEC 22-Jan 20: Never one to take risks when it comes to money, you surprise yourself by pursuing an unusual offer. This proves fortuitous.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra Summer. (PG) **12.00** Hot In Cleveland. (PG) **12.30** The Wild Life Of Tim Faulkner. **1.00** Endangered. **2.00** Movie: Little Big League. (PG) (1994) **4.30** Gurus Explore NZ. (PG) **5.00** News. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Movie: Music And Lyrics. (PG) (2007) Hugh Grant. **9.10** Movie: The Lake House. (PG) (2006) Sandra Bullock, Keanu Reeves, Dylan Walsh. Two lovers make a surprising discovery. **11.10** Movie: Love Happens. (M) (2009) Jennifer Aniston. **1.20** Anger Management. (M) **1.50** Nine Presents. **2.00** TV Shop. **2.30** Plonk. (M) **3.00** The Baron. (PG) **4.00** Skippy. **4.30** Global Shop. **5.00** Extra. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **11.00** Heidi. **11.30** Captain Flinn. **12.00** Move It. **12.30** SpongeBob. **1.00** Sonic Boom. (PG) **1.30** Power Rangers Dino. (PG) **2.00** Clarence. (PG) **2.30** Wild Kratts. **3.00** Gumball. **3.30** We Bare Bears. (PG) **4.00** Movie: PokéMon The Movie: White – Victini And Zekrom. (G) (2011) **6.00** Movie: Scooby-Doo! WrestleMania Mystery. (PG) (2014) **7.45** Movie: Superman II. (PG) (1980) **10.20** Gotham. (MA15+) **12.20** Adult Swim. (M) **12.50** Robot Chicken Star Wars: Episode II. (M) **1.20** Constantine. (M) **2.20** Surfing Australia TV. **2.50** GO Surround Sound. (PG) **3.00** Power Rangers Dino. (PG) **3.30** SpongeBob. **4.00** Wild Kratts. **4.30** Gumball. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.30** Horse Racing. Magic Millions Raceday. Featuring the \$2 million Magic Millions 2YO Classic (1200m) and \$2 million Magic Millions 3YO Guineas (1400m). **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Dr Seuss' The Lorax. (G) (2012) Zac Efron. **8.45** Movie: Kindergarten Cop. (M) (1990) Arnold Schwarzenegger, Penelope Ann Miller. **11.10** The Goldbergs. (PG) **11.40** The Goldbergs. (PG) **12.10** Young, Lazy And Driving Us Crazy. (PG) **1.10** Harry's Practice. **2.00** Shopping. **4.00** It Is Written Oceania. (PG) **4.30** Sons And Daughters. (PG) **5.00** Sons And Daughters. (PG) **5.30** Harry's Practice.

7TWO

6.00 Shopping. **8.00** House Calls To The Rescue. **9.00** Room For Improvement. **10.00** Vasilis' Garden. **10.30** Hot Property. **11.00** Horse Racing. Magic Millions Raceday. Featuring the Magic Millions 2YO Classic (1200m) and Magic Millions 3YO Guineas (1400m). **11.30** Best Houses Australia. **12.00** The Travel Bug. (PG) **1.00** BYO Kitchen. **1.30** No Reservations. (PG) **2.30** Tennis. World Tennis Challenge. Highlights. **3.00** Tennis. Apia International. Day 7. **5.30** Tennis. Apia International. Night 7. **9.00** 2nd Serve Tennis. Highlights of previous tennis matches. **9.30** Escape To The Country. **10.30** No Reservations. (PG) **11.30** Best Houses Australia. **12.00** Late Programs.

TEN

6.00 Fishing Edge. **6.30** Everyday Gourmet. **7.00** iFish. **8.00** Family Feud. **8.30** Jamie's 15-Minute Meals. **9.00** Crash The Bash. **9.30** St10. (PG) **12.00** The Home Team. **12.30** Cricket. Women's Big Bash League. Game 8. Sydney Sixers v Sydney Thunder. **4.00** News. **5.00** Cricket. Big Bash League. Game 25. Sydney Sixers v Sydney Thunder. **8.15** Cricket. Big Bash League. Game 26. Perth Scorchers v Melbourne Stars. From #TheFurnace. **12.00** 48 Hours. (M) Takes a look at the death of University of Virginia student Hannah Graham, in 2014. **1.00** 48 Hours. (M) Takes a look at the death of Hannah Graham. **2.00** Shopping. **4.30** It Is Written. (PG) Religious program. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** M*A*S*H. **9.00** Whacked Out Sports. **9.30** Operation Repo. **10.00** Hogan's Heroes. **11.00** St: Next Gen. **12.00** All 4 Adventure. **1.00** Jake And The Fatman. **2.00** Monster Jam. **3.00** Moments Of Impact. (PG) **4.00** MacGyver. (PG) **5.00** Operation Repo. (PG) **5.30** iFish Summer. **6.00** Last Man Standing. (PG) **7.00** Freddie Flintoff: Lord Of The Fries. (PG) **8.00** The Life Of Mammals. **9.00** Cops: Adults Only. (M) **9.30** Movie: The Infinite Man. (MA15+) (2014) **11.20** The Glades. (M) **1.20** Bellator MMA. (M) **3.35** Cops: Adults Only. (M) **4.05** Operation Repo. (PG) **4.35** Whacked Out Sports. (PG) **5.00** Cricket. Women's Big Bash League. Game 8. Sydney Sixers v Sydney Thunder. Replay.

ABC

6.00 Rage. (PG) **10.30** Rage: Retro Month. (PG) **11.30** QI. (PG) **12.00** Miss Fisher's Murder Mysteries. (M) **1.00** Vera. (M) **2.30** Trust Me I'm A Doctor. **3.30** Arthur Phillip: Governor, Sailor, Spy. **4.00** Two On The Great Divide. (PG) **5.00** Rick Stein: From Venice To Istanbul. **6.00** Antiques Roadshow. **7.00** ABC News. **7.30** Miniseries: Doctor Thorne. (PG) **8.20** Sherlock. (M) The Empty Hearse. Two years after his alleged death, Sherlock returns to London to help his brother, Mycroft, investigate a terrorist network planning an attack. **9.50** Foyle's War. (M) **11.20** Grun Planet. (M) **12.00** Rage: Retro Month. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.05** Octonauts Special: The Over Under Adventure. **7.30** Spicks And Specks. **8.00** Upper Middle Bogan. (M) **8.30** Penn & Teller: Fool Us. (M) **9.10** Live At The Apollo. (M) **9.55** Comedy Next Gen. (MA15+) **10.55** Black Books. (PG) **11.25** Archer. (M) **11.45** Wednesday Night Fever. (M) **12.15** Wednesday Night Fever. (M) **12.40** Maron. (PG) **1.05** Maron. (M) **1.25** Maron. (M) **1.50** Maron. (MA15+) **2.15** Maron. (M) **2.35** News Update. **2.40** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Toby's Travelling Circus. **5.45** The WotWots.

SBS

6.00 WorldWatch. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU Grand Prix Japan. Men's Singles and Dance competitions. **3.30** Alexander's Lost World. (PG) **4.30** Treasures Of Ancient Egypt. (PG) **5.30** Motor Racing. Dakar Rally. Stage 11. San Juan To Rio Cuarto. Highlights. **6.00** Bon Appetit! Gérard Depardieu's Europe. (PG) **6.30** SBS World News. **7.35** Hitler's Secrets. (PG) **8.30** Vikings. **9.25** Food Lover's Guide. **10.00** Soccer. EPL. Tottenham Hotspur v West Bromwich Albion. **12.50** Vikings. **1.40** SBS Flashback. (PG) **1.50** Raymond Blanc: How To Cook Well. **2.20** Mad Men. (PG) **3.10** Mad Men. (M) **4.05** Mad Men. (M) **5.00** CCTV English News. **5.30** WorldWatch.

SBS VLND

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 15. Melbourne Victory v Brisbane Roar. Replay. **3.10** Billy On The Street. (PG) **3.35** Billy On The Street. (PG) **4.05** VICE News Tonight. **4.35** Cyberwar. (PG) **5.00** Cyberwar. (PG) **5.30** Big Cats Of The Gulf. (PG) **5.55** If You Are The One. **7.10** VICE World Of Sports. (PG) **7.35** Gay Conversion Therapy. (M) **8.30** Movie: Aliens. (M) (1986) **11.00** Movie: Eight Legged Freaks. (M) (2002) **12.50** Long Shot. (PG) **1.15** Big Cats Of The Gulf. (PG) **1.45** Noisey. (MA15+) **2.35** Spitman. (M) **3.05** 365: Every Day Docos. **3.10** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES
6.45pm Burnt (2015) Drama. Bradley Cooper, Sienna Miller. (M) **Premiere**
8.30pm Non-Stop (2014) Thriller. Liam Neeson. (M) **Action**
10.15pm No Country For Old Men (2007) Crime. (MA15+) **Masterpiece**

GENERAL
8.30pm Last Man Standing. (PG) FOX8
9.00pm Young & Hungry. (M) FOX8
9.20pm Adam DeVine's House Party. (MA15+) Comedy Channel

DOCUMENTARY
6.30pm Unlikely Animal Friends. (PG) Nat Geo Wild
7.30pm Where The Wild Men Are With Ben Fogle. (M) BBC Knowledge
9.20pm Hell's Kitchen. (MA15+) Lifestyle Food

SPORT
6.45pm Luge. World Cup. Doubles. Eurosport
7.00pm Cricket. Third Test. South Africa v Sri Lanka. Day 3. Fox Sports 2
7.30pm Basketball. NBL. Round 15. Melbourne United v Cairns Taipans. Fox Sports 3

8.30pm Alpine Skiing. World Cup. Women's Downhill. Eurosport
1401

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** My Surf TV. **10.30** World's Best Beaches. **11.30** Wildlife Man: Bush Beasts. (PG) **12.30** Cricket. One Day International Series. Australia v Pakistan. Afternoon session. **5.00** Customs. (PG) **5.30** Cricket. One Day International Series. Australia v Pakistan. Evening session. **6.00** Nine News. **6.30** Cricket. One Day International Series. Australia v Pakistan. Evening session. **9.20** **60 Minutes.** **10.20** World's Best Commercials. (PG) **11.20** Cycling. Santos Tour Down Under. People's Choice Classic. 50.6 km. Highlights. **12.50** My Surf TV. **1.20** Nine Presents. (M) **1.30** Avengers. (PG) **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Nexo Knights. (PG) **11.30** Ninjago: Masters Of Spinjitzu. (PG) **12.00** LEGO Friends. **12.30** SpongeBob. **1.00** Sonic Boom. (PG) **1.30** Power Rangers Dino. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Gumball. (PG) **3.30** We Bare Bears. (PG) **4.00** Justice League Unlimited. (PG) **5.00** Thunderbirds Are Go. (PG) **5.30** Movie: Nancy Drew. (PG) (2007) **7.30** Movie: Just My Luck. (PG) (2006) **9.35** Movie: LOL. (M) (2012) **11.30** Adult Swim. (M) **12.00** Robot Chicken: Star Wars Episode III. (M) **1.00** Car SOS. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Wild Kratts. **4.30** Gumball. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Dr Oz. (PG) **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** The Quest. (PG) **1.00** The Quest. (PG) Final. **2.00** Movie: Super Buddies. (G) (2013) **3.30** Surf Patrol. **4.00** Better Homes. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** Gold Coast Medical. (PG) Final. **8.00** Border Security: America's Front Line. (PG) Authorities suspect an inside job while investigating smuggling at JFK Airport. **8.30** Movie: Mr Deeds. (M) (2002) Adam Sandler, Winona Ryder. A naive man inherits a global empire. **10.30** Air Crash Investigation. (PG) **11.30** Autopsy. (MA15+) **12.30** The Big Adventure. (PG) **1.30** Harry's Practice. **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Inside Volleyball. **10.00** Travel Oz. (PG) **11.30** Vasili's Garden. **12.00** Escape To The Country. **1.00** Original Features. **2.00** No Reservations. (PG) **3.00** 2nd Serve Tennis. Highlights of previous tennis matches. **3.30** Tennis. WTA Hobart International. **4.00** Annabel Langbein: The Free Range Cook. **4.30** Cook Me The Money. (PG) **5.30** Air Rescue. (PG) **6.00** The Zoo. **6.30** Animal Airport. (PG) **7.00** Dog Patrol. (PG) **7.30** Escape To The Country. **10.30** Original Features. **11.30** Storage Hoarders. **12.30** Psychic TV. (M) **3.30** Late Programs.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Animal Extra. **9.30** St10. (PG) **12.00** All 4 Adventure. (PG) **1.00** The Offroad Adventure Show. **2.00** 4x4 Adventures. **3.00** The Doctors. (PG) **4.00** What's Up Down Under. **4.30** Seafood Escape With Andrew Ettingshausen. New. **5.00** News. **6.00** Family Feud: Sunday. Hosted by Grant Denyer. **6.30** Movie: Home. (PG) (2015) Jim Parsons. **8.30** Movie: Taken. (M) (2008) Liam Neeson, Maggie Grace, Famke Janssen. A former spy's daughter is kidnapped. **10.20** Movie: The Counselor. (MA15+) (2013) Michael Fassbender. **12.45** 48 Hours. (M) **1.45** 48 Hours. (M) **2.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Cricket. Women's Big Bash League. Game 8. Sydney Sixers v Sydney Thunder. Replay. **8.30** Cricket. Big Bash League. Game 25. Sydney Sixers v Sydney Thunder. Replay. **12.00** Whacked Out Sports. (PG) **12.30** Operation Repo. (PG) **1.00** Car Torque. **2.00** Monster Jam. **3.00** Undercover Boss. (PG) **4.00** 4WD Touring Australia. **5.00** What's Up Down Under. **5.30** iFish Summer. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. (PG) **7.30** NCIS: LA. (M) **8.30** Tiger: Spy In The Jungle. (PG) **9.30** Movie: L.A. Confidential. (MA15+) (1997) Russell Crowe. **12.15** The Americans. (MA15+) **1.15** Operation Repo. (PG) **2.15** Athletics. Sydney Running Festival. Highlights. **3.15** Monster Jam. **5.15** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **10.00** Offsiders: Summer Edition. **10.30** Australia Wide Special. **11.00** Compass. **11.30** Praise. **12.00** A Taste Of Landline. **12.30** Back Roads. **1.00** Richard Hammond Builds A Planet. **2.00** Soccer. W-League. Round 12. Newcastle Jets v Brisbane Roar. **4.35** Gruen Planet. (PG) **5.10** Miniseries: Doctor Thorne. (PG) **6.00** Tomorrow When The War Began. (PG) **6.50** Shaun The Sheep. **7.00** ABC News Sunday. **7.40** Grand Designs. **8.30** Midsomer Murders. (PG) **10.00** Banksy Does New York. (M) **11.20** Banksy Does New York. (M) **12.10** Rage. (MA15+) **1.55** Midsomer Murders. (PG) **3.25** Banksy Does New York. (M) **4.45** The New Inventors. **5.15** Pointless.

ABC2

6.00 Children's Programs. **4.00** Bananas In Pyjamas. **4.10** Miffy's Adventures Big And Small. **4.20** Q Pootle 5. **4.30** Wiggle Town. **4.35** Olivia. **4.50** Hoopla. **5.00** Fireman Sam: Heroes Of The Storm. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **7.05** Lost And Found. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** In Bob We Trust. (PG) **10.15** Louis Theroux: Law & Disorder In Lagos. (M) **11.15** Webcam Girls. (MA15+) **12.05** Pussy Riot: A Punk Prayer. (M) **1.35** Wild Things With Dom Monaghan. (PG) **2.20** News Update. **2.25** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **9.30** Soccer. EPL. Tottenham Hotspur v West Bromwich Albion. Replay. **12.00** Speedweek. **2.00** Basketball. NBL. Round 15. Brisbane Bullets v New Zealand Breakers. **4.00** Arabic News. **4.30** Turkish News. **5.00** Small Business Secrets. **5.30** Motor Racing. Dakar Rally. Final stage. Rio Cuarto to Buenos Aires. Highlights. **6.00** Air Crash Detectives. (PG) **6.30** SBS World News. **7.35** King Tut's Tomb: The Hidden Chamber. **8.30** President Trump. **9.35** 15 Years Of Terror. **10.40** Inside CERN. **11.40** Battle Of The Sexes. (PG) **1.10** Movie: Hidden Diary. (M) (2009) **3.00** Strip The City. **3.55** CyberWar Threat. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** WorldWatch.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **1.00** Vs Arashi. **1.55** Movie: Asterix And Obelix In Britain. (PG) (2012) **3.55** Long Shot. (PG) **4.25** VICE World Of Sports. (PG) **4.55** VICE World Of Sports. (PG) **5.25** Corruption, Cocaine And Murder In Trinidad. (PG) **5.55** Life After Food. (PG) **6.25** Balls Deep. (PG) **6.55** If You Are The One. **8.30** VICE. **8.55** VICE. **9.25** Sex - Made In Germany. (MA15+) **10.15** Full Frontal. (M) **10.45** South Park. (M) **11.15** Noisy. (MA15+) **12.05** VICE. **12.30** VICE. **1.00** Black Market: Dispatches. (M) **1.25** Black Market: Dispatches. (M) **1.55** Spitman. (M) **2.25** Long Shot. (PG) **2.55** 365: Every Day Docos. **3.00** CCTV News In English From Beijing. **5.00** WorldWatch.

MOVIES

6.20pm Jurassic World (2015) Action. Chris Pratt, Bryce Dallas Howard. (M) **Premiere**

8.30pm The Dark Knight Rises (2012) Action. Christian Bale, Anne Hathaway. (M) **Action**

11.15pm Rise Of The Planet Of The Apes (2011) Sci-fi. James Franco, Andy Serkis. (M) **Action**

GENERAL

6.30pm Dance Moms. (PG) **Arena**

8.00pm Fresh Off The Boat. (PG) **FOX8**

9.50pm Chappelle's Show. (MA15+) Comedy Channel

DOCUMENTARY

6.30pm A Place In The Sun: Summer Sun. (PG) **Lifestyle Home**

7.30pm Justice For MLK: The Hunt For James Earl Ray. (PG) **Discovery**

9.30pm This Is Life With Lisa Ling. (M) **TLC**

SPORT

7.00pm Cricket. Third Test. South Africa v Sri Lanka. Day 4. **Fox Sports 2**

7.45pm Nordic Combined Skiing. World Cup. HS 134. **Eurosport**

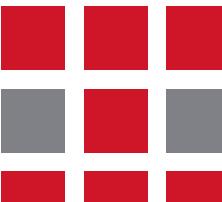
11.30pm Basketball. NBA. Phoenix Suns v San Antonio Spurs. **ESPN2**



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WHAT ARE THE BENEFITS OF DETOXING YOUR BODY?

By By Debb Webber, Zen Chi Natural Therapies

Detoxification is the process of removing toxins from the body. The process to detoxify your body involves many different elements such as herbal detoxification regimens, change of diet and vitamin supplements which our Homeopath or Naturopath can assist you with OR even a Detox Foot Spa. It is one of the best ways to rid your body of toxins, which can slow it down and make it unhealthy. The process of detoxification requires some discipline.

PHYSICAL BENEFITS

The most noticeable benefits from detoxification are the physical ones. Since the toxins store up in major organs, detoxification will help these areas the most. The organs which are affected, such as the liver and stomach, will begin to work more effectively. After the detox is completed, you may feel "lighter" and have more energy. Also, since a detox is used to clear away free radicals, your body's immune system will be stronger. Finally, a detoxification regimen will clear your blood, helping it circulate better.

MENTAL BENEFITS

Toxins and free radicals that accumulate in the body can also affect brain functions. Before a detox, you may have trouble sleeping, chronic fatigue, and trouble with your concentration. Once you work through this process, many of these issues will gradually disappear. You will be able to sleep better and concentrate more and optimize your health and wellbeing.

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NINE

6.00 Today. **9.00** Today Extra Summer. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Clifford. (PG) (1994) Martin Short, Charles Grodin. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** Movie: Fracture. (M) (2007) Anthony Hopkins, Ryan Gosling, David Strathairn. After murdering his wife, a self-confessed killer wreaks havoc with the prosecution when his case comes to trial. **10.50** CSI: Crime Scene Investigation. (M) **11.50** Rizzoli & Isles. (M) **12.50** Extra. **1.20** Nine Presents. **1.30** TV Shop. **2.00** Gurus Explore NZ. (PG) **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **12.00** Movie: Pokémon The Movie: Kyurem Vs The Sword Of Justice. (G) (2012) **1.30** Regular Show. (PG) **2.00** Children's Programs. **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Science Of Stupid. (M) **8.00** Top Gear. (PG) **9.30** Movie: Walking Tall. (M) (2004) **11.10** Two And A Half Men. (PG) **12.10** Undateable. (M) **12.35** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Movie: Pokémon The Movie: Kyurem Vs The Sword Of Justice. (G) (2012) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **10.00** Tennis. Australian Open. Day 1. **6.00** News. **7.00** Tennis. Australian Open. Night 1. From Melbourne Park. **11.30** The Goldbergs. (PG) Adam joins the fencing team at school. Beverly plays matchmaker. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. A pair of lovebirds take a chance on a restaurant on the other side of the world. **1.00** Packed To The Rafters. (PG) Frankie announces she is going to quit, but Dave convinces her not to make a rash decision. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise. News, sport and weather.

7TWO

6.00 Shopping. **7.00** It's Academic. Hosted by Simon Reeve. **7.30** Hairy Legs. Hairy turns Jevan and Nikki into fairies. **8.00** Pipsqueaks. The adventures of four, funny and furry creatures who live in a huge playground. **8.30** The Zoo. Keepers watch closely as Libya the fennec fox is due to give birth. **9.00** Australian Open: Preview Show. A preview of today's matches at the Australian Open. **10.00** Tennis. Australian Open. Day 1. **6.00** Tennis. Australian Open. Night 1. **10.00** Tennis. 2007 Australian Open. Men's singles. Round 4. Rafael Nadal v Andy Murray. Replay. **2.00** Animal Airport. (PG) **2.30** Dog Patrol. (PG) **3.00** The Zoo. **3.30** Cameltrain Downstream. (PG) **4.30** The Great Outdoors. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. Game 27. Adelaide Strikers v Melbourne Renegades. **10.10** Life In Pieces. (PG) Greg goes overboard when he joins a gym. **10.40** Life In Pieces. (PG) **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Game 26. Perth Scorchers v Melbourne Stars. Replay. **12.00** M*A*S*H. (PG) **1.00** Hogan's Heroes. **2.00** The Biggest Loser USA. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** ST: Next Gen. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. Game 27. Adelaide Strikers v Melbourne Renegades. From Adelaide Oval. **7.30** Undercover Boss. (PG) **8.30** Movie: Under Siege. (M) (1992) Steven Seagal, Tommy Lee Jones, Gary Busey. **10.35** The Crazy Ones. (M) **11.35** Diagnosis Murder. (M) **12.30** Home Shopping. **2.00** Cricket. Big Bash League. Game 25. Sydney Sixers v Sydney Thunder. Replay. From the SCG. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Australian Story. **11.00** Tractor Monkeys. (PG) **11.30** From The Heart. **12.00** News At Noon. **1.00** Gardening Australia. **1.30** Catalyst. **2.00** Grand Designs. **3.00** The Cook And The Chef. **3.30** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** ABC News: Early Edition. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. (PG) **6.30** The Checkout. **7.00** ABC News. **7.30** **7.30** **8.00** Back Roads. (PG) **8.30** Four Corners. **9.15** Fake Or Fortune? **10.20** How To Stay Young. **11.20** Call The Midwife. (PG) **12.15** Rage. (MA15+) **2.30** Four Corners. **3.15** How To Stay Young. **4.15** Tony Robinson's Time Walks. (PG) **4.45** The New Inventors. **5.15** Pointless.

ABC2

6.00 Children's Programs. **4.50** Hoopla. **5.05** Sarah And Duck. **5.15** Hey Duggee. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Louis Theroux: The Ultra Zionists. (M) **9.30** Reggie Yates: Extreme Russia. (M) **10.30** Raw Nerve. (M) **10.35** Peep Show. (M) **11.00** In Bob We Trust. (PG) **12.45** Pussy Riot: A Punk Prayer. (M) **2.15** Peep Show. (M) **2.40** News Update. **2.45** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** André Rieu: Love Songs. **3.00** Hidden Killers Of The Tudor Home. (PG) **4.05** Wild France. **5.00** Living Black. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Michael Mosley: Trust Me, I'm A Doctor. **8.30** Simon Reeve's Caribbean. (PG) **9.35** Undressed. New. **10.05** Undressed. **10.40** World News. **11.10** The World Game. **11.40** Spiral. (M) **12.45** Spiral. (M) **1.50** Movie: Lucky Luke. (M) (2009) **3.40** 24 Hours In Emergency. (M) **4.40** Perception. (MA15+) **5.00** CCTV English News. **5.30** NHK World English News.

SBS VLND

6.00 WorldWatch. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Man Vs Fly. (PG) **4.05** Daria. **4.35** VICE News Tonight. **5.05** Big Cats Of The Gulf. (PG) **5.35** If You Are The One. **6.35** Brooklyn Nine-Nine. (PG) **7.05** VICE News Tonight. **7.30** The Feed. **8.00** Travel Man. **8.30** F*ck That's Delicious. **9.00** F*ck That's Delicious. **9.25** Movie: Escobar: Paradise Lost. (M) (2014) **11.35** Inhuman Kind. **12.10** Larping Saved My Life. **12.35** VICE News Tonight. **1.05** The Feed. **1.35** F*ck That's Delicious. **2.30** Inhuman Kind. **3.05** Larping Saved My Life. **3.35** 365: Every Day Docos. **3.40** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

**MOVIES**

8.30pm Joy (2015) Drama. Jennifer Lawrence, Bradley Cooper. A determined young woman becomes an unwitting pioneer of infomercials after inventing a revolutionary new mop. (M) **Premiere** **8.30pm Spectre** (2015) Action. Daniel Craig, Lea Seydoux. (M) **Action** **10.20pm Letters To Juliet** (2010) Drama. Amanda Seyfried, Christopher Egan. (PG) **Romance**

GENERAL

7.30pm Beyond. (M) FOX8 **8.30pm New Tricks.** (M) UKTV **10.40pm South Park.** (MA15+) Comedy Channel **DOCUMENTARY** **6.30pm Wild Ireland.** (PG) History **9.30pm Eat Well For Less.** (PG) Lifestyle You **9.30pm What On Earth?** (PG) Discovery **SPORT** **6.30pm Golfing World.** Fox Sports 1 **7.00pm Cricket.** Third Test. South Africa v Sri Lanka. Day 5. Fox Sports 2 **7.30pm Basketball.** NBL. Round 15. Cairns Taipans v Perth Wildcats. Fox Sports 3

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NINE

6.00 Today. **9.00** Today Extra Summer. (PG) **11.30** Stage 1. Santos Tour Down Under. Stage 1. Unley, Adelaide to Lyndoch. 145 km. **2.30** Ellen DeGeneres. (PG) **3.30** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Big Bang. (PG) **8.00** Big Bang. (PG) **8.30** Movie: The Other Guys. (M) (2010) Will Ferrell, Mark Wahlberg, Eva Mendes. Two mismatched detectives try to become heroes. **10.40** Morn. (M) **11.10** Cycling. Santos Tour Down Under. Stage 1. Unley, Adelaide to Lyndoch. 145 km. Highlights. **12.10** 20/20. **1.00** Extra. **1.30** Danoz. **2.00** Gurus Explore NZ. (PG) **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Movie: Romeo Must Die. (M) (2000) **11.00** Two And A Half Men. (PG) **11.30** South Beach Tow. (M) **12.00** Undateable. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 2. **6.00** News. **7.00** Tennis. Australian Open. Night 2. **11.30** The Goldbergs. (PG) Erica's dreams of appearing on a popular TV dance show are dashed when Barry gives her conjunctivitis. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. Convinced they have found their new "Eden", Ian and Michele face an uphill battle. **1.00** Grey's Anatomy. (M) The survivors from the crash are asked to make an almost impossible decision. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** It's Academic. Students compete against other schools to win cash and prizes. Hosted by Simon Reeve. **7.30** Hairy Legs. Hairy thinks that garden gnomes are real gnomes that have been frozen by an evil spell. **8.00** Australian Open: Highlights. A review of all the action from last night and yesterday's matches at the Australian Open. **9.30** Tennis. Australian Open. Day 2. **6.00** Tennis. Australian Open. Night 2. **10.00** Tennis. 2005 Australian Open. Round 4. Rafael Nadal v Lleyton Hewitt. Replay. From Melbourne Park. **1.30** The Dr Oz Show. (PG) **2.30** Hoofs, Humps And Feathers. **3.30** Heroes Of The Amazon. **4.30** The Great Outdoors. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. **3.00** Judge Judy. (PG) **4.30** The Home Team. **4.00** GCBC. **5.00** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Cricket. Big Bash League. Game 28. Melbourne Stars v Brisbane Heat. **10.10** NCIS: New Orleans. (M) The team investigates after a US Navy lieutenant dies during a clandestine visit to a general's hotel room. **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Game 27. Adelaide Strikers v Melbourne Renegades. Replay. **12.00** M*A*S*H. (PG) **1.00** Hogan's Heroes. **2.00** The Biggest Loser USA. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. Game 28. Melbourne Stars v Brisbane Heat. From the MCG. **7.30** 48 Hours. **8.30** Movie: Domestic Disturbance. (M) (2001) John Travolta, Vince Vaughn, Teri Polo. **10.20** Backstrom. **11.20** Gang Related. (MA15+) **12.15** Home Shopping. **2.15** Diagnosis Murder. (PG) **3.10** Hogan's Heroes. **4.10** Jake And The Fatman. (PG) **5.05** Star Trek: The Next Generation. (PG)

ABC

6.00 Morning Programs. **12.00** News. **1.00** Gardening Australia. **1.30** Catalyst. **2.00** Fake Or Fortune? **3.00** The Cook And The Chef. **3.30** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** News. **5.30** Tony Robinson's Time Walks. **6.00** QI. (PG) **6.30** The Checkout. **7.00** News. **7.30** 7.30. **8.00** Outback ER. (PG) **8.30** Stephen Fry In Central America. (M) **9.20** Joanna Lumley's Trans-Siberian Adventure. (PG) **10.10** Redesign My Brain With Todd Sampson. (PG) **11.10** Call The Midwife. (PG) **12.10** Soccer. W-League. Round 12. Newcastle Jets v Brisbane Roar. Replay. **2.25** Joanna Lumley's Trans-Siberian Adventure. (PG) **3.15** Call The Midwife. (PG) **4.20** Tony Robinson's Time Walks. **4.45** New Inventors. **5.15** Pointless.

ABC2

6.00 Children's Programs. **5.15** Hey Duggee. **5.25** Kazoops! **5.30** Hoot Hoot Go! **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Tattoo Disasters UK. (PG) **9.20** Hard Time. (PG) **10.05** Archer. (M) **10.25** Raw Nerve. (M) **10.35** Peep Show. (M) **11.00** Reggie Yates: Extreme Russia. (M) **12.00** Stupid Man, Smart Phone. (M) **12.50** Strippers. (M) **1.40** Peep Show. (M) **2.05** News Update. **2.10** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Andre Rieu: Live In Australia. **3.00** Trawlermen. **3.30** How To Be An Astronaut. (PG) **4.30** Leap Of The Lynx. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Riding Britain's Railways. **8.30** My Amazing Twin. (PG) **9.30** One Born Every Minute. (M) **10.30** World News. **11.00** Spring Tide. (M) **11.50** Spring Tide. (M) **12.45** Movie: Beginners. (M) (2010) **2.35** 24 Hours In Emergency. (M) **3.30** 24 Hours In Police Custody. (M) **4.25** Food Lover's Guide. **5.00** CCTV English News. **5.30** NHK World English News.

MOVIES

8.30pm Room (2015) Drama. Bri Larson, Jacob Tremblay. A young mother and her son, who were held captive in an enclosed space for years, struggle to adjust to their newfound freedom in the real world. (M) **Premiere**

8.30pm Mr & Mrs Smith (2015) Action. Brad Pitt, Angelina Jolie. (M) **Action**

10.35pm Taken 2 (2012) Action. Liam Neeson, Maggie Grace. (M) **Action**

GENERAL

7.30pm The Blacklist. (M) **FX** **8.30pm Alone.** (PG) **A&E**

9.30pm Blindspot. (MA15+) **Universal Channel**

DOCUMENTARY

7.30pm Borneo's Secret Kingdom. (PG) **National Geographic Wild**

7.30pm Secrets Of Great British Castles. (PG) **History**

9.45pm The Great British Bake Off: An Extra Slice. (PG) **Lifestyle Food**

SPORT

7.30pm Pardon The Interruption. **ESPN**

9.00pm The Golf Show. **Fox Sports 1**

10.00pm Mike And Mike. **ESPN2**

Classification: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

Special Guests

Sunday 5th of February 2017 10am - 2pm

Northpine Christian College Childcare & ELC CELEBRATING 10TH ANNIVERSARY Family Fun Day

At NCC Childcare Carpark
Past and present families
BYO Chair or picnic rug
Food available from food stalls

Our Activities
Jumping Castles and Slides, Pass the ball with QLD Reds, Kids fitness class, Music and workshops, face painting

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TV GUIDE

NINE

6.00 Today. **9.00** Today Extra Summer. (PG) **11.30** Cycling. Santos Tour Down Under. Stage 2. Stirling to Paracombe. 148.5 km. From South Australia. **2.30** The Ellen DeGeneres Show. (PG) **3.30** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** RBT. (PG) **8.30** 20 To One. (M) **9.30** Chicago Med. (M) **10.30** Animal Rescue Thailand. (PG) **11.00** Cycling. Santos Tour Down Under. Stage 2. Stirling to Paracombe. 148.5 km. Highlights. From South Australia. **12.00** Murder The First. (M) **1.00** Extra. **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.00** Beyblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** BattleBots. (PG) **8.30** Airplane Repo. (PG) **9.30** Movie: Flying High! (M) (1980) **11.20** Container Wars. (PG) **11.50** Undateable. (M) **12.20** First Flight. **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 3. **6.00** Seven News. **7.00** Tennis. Australian Open. Night 3. From Melbourne Park. **11.30** Autopsy. (MA15+) Dr Richard Shepherd examines evidence from the autopsy of pop superstar, Whitney Houston. **12.30** The Real Seachange. (PG) After a disastrous opening night at his newly bought pub, Max does something crazy to win customers over. **1.00** Formal Wars. (PG) Having been referred to as "the twins" all their lives, two girls are desperate to be seen as individuals at their formal. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise. News, sport and weather.

7TWO

6.00 Shopping. **7.00** It's Academic. Students compete against other schools to win cash and prizes. Hosted by Simon Reeve. **7.30** Hairy Legs. After Hairy decides to clone himself so he can get through his chores quicker, the result is chaos. **8.00** Australian Open: Highlights. A review of all the action from last night and yesterday's matches at the Australian Open. **9.30** Tennis. Australian Open. Day 3. **6.00** Tennis. Australian Open. Night 3. **10.00** Tennis. 2010 Australian Open. Final. Roger Federer v Andy Murray. Replay. From Melbourne Park. **1.00** Dr Oz. (PG) **2.00** France: Soaring With The Senses. (PG) **4.00** Surf Patrol. **4.30** The Great Outdoors. **5.30** Harry's Practice.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. Game 29. Sydney Thunder v Adelaide Strikers. **10.10** Hawaii Five-0. (M) A murder occurs at Chin's high school reunion. **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Cricket. Big Bash League. Game 28. Melbourne Stars v Brisbane Heat. Replay. **12.00** M*A*S*H. (PG) **1.00** Hogan's Heroes. **2.00** The Biggest Loser USA. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** ST: Next Gen. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. Game 29. Sydney Thunder v Adelaide Strikers. From Spotless Stadium, Sydney. **7.30** David Attenborough's The Life Of Mammals. (PG) **8.30** Movie: Exodus: Gods And Kings. (M) (2014) Christian Bale, Joel Edgerton, Ben Kingsley. **11.30** Backstrom. **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Hogan's Heroes. **4.00** Jake And The Fatman. (PG) **5.00** Star Trek: The Next Generation. (PG)

ABC

6.00 Morning Programs. **11.00** Tractor Monkeys. (PG) **11.30** QI. (PG) **12.00** ABC News At Noon. **1.00** Gardening Australia. **1.30** Catalyst. **2.00** Stephen Fry In Central America. (M) **3.00** The Cook And The Chef. **3.30** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** News. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. (PG) **6.30** The Checkout. **7.00** News. **7.30** **7.30**. **8.00** QI. (PG) **8.30** Stop Laughing... This Is Serious. (M) **9.30** Catherine Tate's Nan. (M) **10.05** Wham Bam Thank You Ma'am. (M) **10.30** Fancy Boy. (M) **11.00** The Agony Of... (M) **11.30** The Weekly. (M) **12.00** Movie: Mabo. (M) (2012) **1.45** QI. (PG) **2.15** Rage. (MA15+) **4.20** Tony Robinson's Time Walks. (PG) **4.45** New Inventors. **5.15** Pointless.

ABC2

6.00 Children's Programs. **5.40** Peppa Pig. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** All Creatures Great And Stuffed. (PG) **9.20** How To Build A Human. **10.05** Raw Nerve. (PG) **10.15** Peep Show. (M) **10.45** Tattoo Disasters UK. (PG) **11.30** Catfish: The TV Show. (M) **12.10** Outsiders With Darren McMullen. (M) **12.55** Weight Loss Ward. (M) **1.45** Peep Show. (M) **2.10** News Update. **2.15** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

WEDNESDAY, JANUARY 18

AUSTAR.

MOVIES

6.40pm Hail, Caesar! (2016) Comedy. Josh Brolin, George Clooney. (PG) Premiere

8.30pm Avengers: Age Of Ultron (2015) Action. Robert Downey Jr, Chris Evans. (M) Action

10.55pm G.I. Joe: The Rise Of Cobra (2009) Action. Channing Tatum, Sienna Miller. (M) Action

GENERAL

8.30pm Miss Fisher's Murder Mysteries. (M) 13th Street

9.30pm Brooklyn Nine-Nine. (M) Universal Channel

9.30pm Motorway Patrol. (PG) FOX8

DOCUMENTARY

8.30pm Say Yes To The Dress: UK. (PG) TLC

9.30pm Fill Your House For Free With Gok Wan. (PG) Lifestyle Home

10.30pm StarTalk. (M) National Geographic

8.00pm Freestyle Skiing. FIS World Cup. Slopestyle. Eurosport

9.00pm Snowboarding. FIS World Cup. Slopestyle. Eurosport

10.30pm Inside Cricket. Fox Sports 2

1801

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



SOLO

Ridgeback mix. 1 Yr. Male

Solo is a placid & mellow big boy, he has a such a beautiful and gentle nature and would make a great family dog. He enjoys playing & wrestling with his foster fur siblings but is also very comfy doing his own thing. He also loves to receive and also give cuddles and will even try to get on your lap if allowed.

He is a quick learner and would thrive with further training. Solo is crate trained & toilet trained and would need a home where he could sleep inside and be close to his humans.

He would love to have a family of his own who could take him for daily walks and let him snuggle up at their feet of an evening. He has so much love to give, once you meet him you will want to take him home.

If you want to give Solo his forever home visit www.safehavenanimalrescueinc.com and browse the 'Adoptions' section.



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NINE

6.00 Morning Programs. **12.30** Cricket. One Day International Series. Australia v Pakistan. Game 3. Afternoon session. **5.00** Hot Seat. **5.30** Cricket. One Day International Series. Australia v Pakistan. Game 3. Evening session. **6.00** Nine News. **6.30** Cricket. One Day International Series. Australia v Pakistan. Game 3. Evening session. Continued. **9.20** Outback Wrangler. (PG) **9.50** Outback Wrangler. (PG) **10.20** Cycling. Santos Tour Down Under. Stage 3. Glenelg to Victor Harbor. 144 km. Highlights. **11.20** The Mysteries Of Laura. (PG) **12.20** Anger Management. (M) **12.50** Extra. **1.20** Nine Presents. **1.30** TV Shop. **2.00** Danoz. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Children's Programs. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (M) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Kevin Can Wait. **8.00** To Be Advised. **8.30** Movie: Wayne's World. (PG) (1992) **10.30** Balls Of Steel. (MA15+) **11.45** Toy Hunter. **12.10** Undateable. (M) **12.35** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 4. **6.00** News. **7.00** Tennis. Australian Open. Night 4. **11.30** The Goldbergs. (PG) Adam and Beverly decide to create a music video for Erica's application to Juilliard. **12.00** Harry's Practice. Dr Harry meets a nine-year-old German collie mix who barks incessantly when the phone rings. **12.30** The Real Seachange. It is opening day at the Boardwalk Restaurant but there already dissent in the ranks. **1.00** Bringing Sexy Back. (PG) Meet Australians undergoing the "ultimate" makeover, including a former "Italian stallion" who has weight issues. **2.00** Shopping. **4.00** NBC Today. News and current affairs. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** It's Academic. Students compete against other schools to win cash and prizes. Hosted by Simon Reeve. **7.30** Hairy Legs. Hairy helps Jevan become his soccer team's number one goal keeper. Hairy struggles to stop being grumpy. **8.00** Australian Open: Highlights. A review of all the action from last night and yesterday's matches at the Australian Open. **9.30** Tennis. Australian Open. Day 4. **6.00** Tennis. Australian Open. Night 4. **10.00** 2nd Serve Lenniss. Highlights of previous tennis matches. **10.30** Suspects. (M) The team investigates a drug overdose. **11.30** Dr Oz. (PG) **12.30** Psychic TV. (M) **3.30** Suspects. (M) **4.30** The Great Outdoors. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Modern Family. (PG) **8.00** Modern Family. (PG) **8.30** Law & Order: SVU. (M) A teacher-student romance is investigated. **9.30** Law & Order: SVU. (M) Benson becomes caught in a hostage situation. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Cricket. Big Bash League. Game 29. Sydney Thunder v Adelaide Strikers. Replay. From Spotless Stadium, Sydney. **12.00** M*A*S*H. (PG) **1.00** Hogan's Heroes. **2.00** The Biggest Loser USA. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Moments Of Impact. (PG) **8.30** Movie: The Numbers Station. (M) (2013) John Cusack, Malin Akerman, Liam Cunningham. **10.25** Undercover Boss. (PG) **11.25** Epic Meal Empire. (PG) **11.55** Home Shopping. **1.55** Bellator MMA. (M) **4.10** Hogan's Heroes. **4.40** Epic Meal Empire. (PG) **5.05** Star Trek: The Next Generation. (PG)

ABC

6.00 Morning Programs. **11.30** Auction Room. **12.00** ABC News At Noon. **1.00** Gardening Australia. **1.30** Catalyst. **2.00** Miss Fisher's Murder Mysteries. (M) **3.00** The Cook And The Chef. **3.30** Murder, She Wrote. (PG) **4.15** Pointless. **5.00** News. **5.30** Tony Robinson's Time Walks. (PG) **6.00** QI. **6.30** The Checkout. **7.00** News. **7.30** **7.30**. **8.00** Would I Lie To You? (PG) **8.30** Restoration Man. **9.20** Restoration Australia. (PG) **10.20** No Offence. (M) **11.10** Call The Midwife. (PG) **12.10** Would I Lie To You? (PG) **12.45** Ebola Frontline. (M) **1.30** Golf. PGA Tour. Highlights. **2.25** No Offence. (M) **3.15** Call The Midwife. (PG) **4.20** Tony Robinson's Time Walks. (PG) **4.45** New Inventors. **5.15** Pointless.

ABC2

6.00 Children's Programs. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Gruen XL. (PG) **9.15** Black Books. (PG) **9.40** Red Dwarf. (PG) Return. **10.10** Maximum Choppage. (M) **10.40** Raw Nerve. (M) **10.50** Peep Show. (M) **11.15** Comedy Next Gen. (MA15+) **12.15** Maron. (M) **12.40** Maron. (M) **1.00** Maron. (M) **1.25** Maron. (M) **1.45** Maron. (M) **2.10** Peep Show. (M) **2.35** News Update. **2.40** Close. **5.00** Babar: Adv Of Badou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Rastamouse. **5.45** Chuggington.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Obama: Eight Years Of Power. (PG) **3.10** Living Black. **3.40** The Sixties. (PG) Final. **4.30** Underground Britain. **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. (PG) **8.05** Destination Flavour Singapore. (PG) **8.35** Royal Gardens On A Plate. **9.35** Midnight Sun. **10.35** Midnight Sun. **11.35** World News. **11.50** Magnifica 70. (M) **12.50** Movie: Lebanon. (MA15+) (2009) **2.30** Coasts Of Ireland. **3.25** Coasts Of Ireland. **4.15** Food Lover's Guide. **4.50** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

AUSTAR.

MOVIES
8.30pm Victor Frankenstein (2015) Drama. Daniel Radcliffe, James McAvoy. (M) Premiere

Tomb Raider (2001) Action. Angelina Jolie, Jon Voight. (M) Action

10.45pm No Strings Attached (2011) Comedy. Ashton Kutcher, Natalie Portman. (MA15+)

Romance

GENERAL

8.30pm Vikings. (MA15+) FX

8.30pm Prey. (M) BBC First

9.30pm Motorway Patrol. (PG) FOX8

DOCUMENTARY

7.30pm Gold Rush. (PG) Discovery

8.30pm Unexplained. (M) History

SPORT

7.00pm Golf. European PGA Tour. Abu Dhabi Championship. First round. Fox Sports 1

7.30pm Basketball. NBL. Adelaide 36ers v Brisbane Bullets. Fox Sports 3

7.50pm Soccer. A-League. Round 16. Melbourne City v Central Coast Mariners. Fox Sports 4

8.00pm Cricket. One-day International Series. India v England. Game 2. Fox Sports 2

THURSDAY, JANUARY 19

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1901

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NINE

6.00 Today. **9.00** Today Extra Summer. (PG) **11.00** Morning News. **12.00** Cycling. Santos Tour Down Under. Stage 4. Norwood to Campbelltown. 149.5 km. **3.00** Ellen DeGeneres. (PG) **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Stop, Search, Seize. (PG) **8.30** Movie: Lethal Weapon 2. (M) (1989) Mel Gibson, Danny Glover, Joe Pesci. Two cops try to bust drug smugglers. **10.50** Cycling. Santos Tour Down Under. Stage 4. Norwood to Campbelltown. 149.5 km. Highlights. **11.50** Movie: Jackie Chan's First Strike. (M) (1996) Jackie Chan. **1.30** TV Shop. **2.00** Great Getaways. (PG) **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Children's Programs. **12.30** Clarence. (PG) **1.00** Adv Time. (PG) **1.30** Regular Show. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Yu-Gi-Oh! (PG) **3.00** Beyblade Burst. **3.30** Regal Academy. **4.00** The Powerpuff Girls. (PG) **4.30** We Bare Bears. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans. (PG) **6.00** Movie: Tom And Jerry: The Movie. (G) (1992) **7.45** Movie: Practical Magic. (PG) (1998) **9.45** Movie: The Stepford Wives. (M) (2004) **11.40** Mike & Molly. (PG) **12.10** Car SOS. (PG) **1.00** Thunderbirds Are Go. (M) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Pokémon. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Steven Universe. (PG) **4.30** Clarence. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** Australian Open: Highlights. **9.30** Tennis. Australian Open. Day 5. **6.00** News. **7.00** Tennis. Australian Open. Night 5. **11.30** The Goldbergs. (PG) After Erica gets accepted into a summer arts school, Beverly insists on throwing her a going-away party. **12.00** Harry's Practice. Dr Harry Cooper and Dr Katrina Warren present information about animals and pet care. **12.30** The Real Seachange. The Boardwalk restaurant's opening continues. **1.00** Young, Lazy And Driving Us Crazy. (PG) A work placement is announced which will test the "slackers" in ways they could never have imagined. **2.00** Shopping. **4.00** Dr Oz. (PG) Dr Oz looks at antidepressants. **5.00** NBC Today.

7TWO

6.00 Shopping. **7.00** It's Academic. Students compete against other schools to win cash and prizes. Hosted by Simon Reeve. **7.30** Hairy Legs. Hairy sends some dinosaurs back in time to see them alive. **8.00** Australian Open: Highlights. A review of all the action from last night and yesterday's matches at the Australian Open. **9.30** Tennis. Australian Open. Day 5. **6.00** Tennis. Australian Open. Night 5. **10.00** Tennis. 2005 Australian Open. Fourth round. Alicia Molik v Venus Williams. Replay. From Melbourne Park. **12.00** Dr Oz. (PG) Dr Oz looks at hair salon health concerns. **1.00** Psychic TV. (M) **4.00** The Great Outdoors. **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** Everyday Gourmet. **7.00** The Home Team. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** Neighbours. **1.30** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** Ben's Menu. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. A look at the day's news. **7.30** Cricket. Big Bash League. Game 30. Brisbane Heat v Melbourne Renegades. **10.10** Todd Sampson's Body Hack. (M) Todd Sampson heads to the Himalayas where he meets the locals and learns how to work as a sherpa. **11.10** The Project. **12.10** The Late Show With Stephen Colbert. (PG) **1.00** Shopping.

ONE

6.00 Shopping. **8.00** Car Torque. **9.00** A Taste Of Travel. **9.30** Merv Hughes Fishing. (PG) **10.00** Fishing Edge. **11.00** Tiger: Spy In The Jungle. (PG) **12.00** M*A*S*H. (PG) **1.00** Hogan's Heroes. **2.00** The Biggest Loser USA. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: The Next Generation. (PG) **6.00** Family Feud. **6.30** Cricket. Big Bash League. Game 30. Brisbane Heat v Melbourne Renegades. From the Gabba, Brisbane. **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Highlander. (PG) **11.30** Ripper Street. (M) **12.40** Home Shopping. **2.10** Whacked Out Sports. (PG) **2.30** Hogan's Heroes. **3.00** Walker, Texas Ranger. (M) **4.00** MacGyver. (PG) **5.00** Highlander. (PG)

ABC

6.00 ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Australian Story. **11.00** Tractor Monkeys. (PG) **11.30** Auction Room. **12.00** What's The Catch With Matthew Evans. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. **8.05** Great British Railway Journeys. **8.40** Movie: Mr Turner. (M) (2014) **11.25** World News. **11.55** Movie: The Sinful Nuns Of Saint Valentine. (MA15+) (1974) **1.30** Romanzo Criminale. (MA15+) **2.30** Romanzo Criminale. (MA15+) **3.35** Romanzo Criminale. (MA15+) **4.45** Destination Flavour Bitesize. **4.55** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS

6.00 WorldWatch. **2.00** In The Frame. **2.30** In The Frame. (PG) **3.00** The Point Year In Review 2016. **3.30** Floyd's Fjord Fiesta. **4.00** That Street Food. **4.30** What's The Catch With Matthew Evans. (PG) **5.30** Letters And Numbers. **6.00** Food Safari. **6.30** SBS World News. **7.30** Great British Railway Journeys. **8.05** Great British Railway Journeys. **8.40** Movie: Mr Turner. (M) (2014) **11.25** World News. **11.55** Movie: The Sinful Nuns Of Saint Valentine. (MA15+) (1974) **1.30** Romanzo Criminale. (MA15+) **2.30** Romanzo Criminale. (MA15+) **3.35** Romanzo Criminale. (MA15+) **4.45** Destination Flavour Bitesize. **4.55** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

MOVIES

6.30pm **Magic Mike XXL** (2015) Comedy. Channing Tatum, Joe Manganiello. (MA15+) **Romance**

8.30pm **Gravity** (2013) Sci-fi. Sandra Bullock, George Clooney. (M) **Masterpiece**

10.40pm **Black Swan** (2010) Thriller. Natalie Portman, Mila Kunis. (MA15+) **Romance**

GENERAL

7.25pm **Holby City**. (M) **BBC First**

8.30pm **Rizzoli & Isles**. (MA15+) **Showcase**

9.30pm **Wahlburgers**. (M) **Arena**

DOCUMENTARY

7.30pm **24 Hours On Earth**. (PG) **Animal Planet**

7.30pm **Hair**. (PG) **Lifestyle You**

9.30pm **Supercar Superbuild**. (PG) **Discovery Turbo SPORT**

7.00pm **Golf**. European PGA Tour. Abu Dhabi Championship. Second round. **Fox Sports 1**

7.45pm **Soccer**. A-League. Round 16. Sydney FC v Adelaide United.

9.15pm **Bare Knuckle**. (M) **9.45 VICE News Tonight**. **10.15 Nathan For You**. (PG) **10.45 Movie: Tai Chi 0**. (MA15+) (2012) **12.30 VICE News Tonight**. **12.55 Bare Knuckle**. (M) **1.25 Larping Saved My Life**. **1.55 Inhuman Kind**. **2.25 Weedquette**. (M) **2.55 Weedquette**. **3.20 365: Every Day Docos**. **3.25 NHK World English News**. **5.00 Korean News**. **5.30 Indonesian News**.

2001

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Written by Sam Stevens Publicity Officer NLCWGI

Greetings dear ladies! I certainly hope you had a good time with family and friends over the holiday period. Once again this year we have five 'fifth' Tuesdays in the months that fall within our social calendar, the first falling on 31 January. This means an outing of sorts, usually a bus trip, something to look forward to. Last year we enjoyed Twin Towns Services Club, Parliament House with lunch on the Riverbank, Xmas in July on Mt Tamborine and the Eumundi Markets. We all look forward to a happy, friendly interactive year ahead with entertaining Guest Speakers, new lunch venues and more.

Tuesday 17th January 2017 09:45 MEET-AND-GREET / AUSTRALIA DAY, our first day back. A casual morning with a lot of catching up involved including an extended morning tea with a Birthday Cake to celebrate our January birthday ladies. A good start to the waistlines for the New Year!

Tuesday 24th January 2017 11:30 LUNCH. Kallangur Tavern, 1517 Anzac Ave. This will be our first lunch outing for the year and it will be full of chatter and platter clatter, always a good atmosphere.

Tuesday 31st January 2017 10:30 FIFTH TUESDAY. Dolphins/Redcliffe Leagues Club, Cnr Klingner Rd and Ashmole Rd, Redcliffe. This is our fifth Tuesday of the month and we will be meeting up for morning tea, maybe lunch, certainly entertainment and maybe some dancing. Get into the swing of things or just chill and enjoy watching and enjoying the company.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Joan, 3886 5884; Carmen, 3491 9410.

ABC2

6.00 Children's Programs. **5.45** Dinosaur Train. **6.00** Ben And Holly. **6.15** The Hive. **6.25** Octonauts. **6.35** Peter Rabbit. **6.50** Shaun The Sheep. **6.55** Peppa Pig. **7.00** Ben And Holly. **7.15** Little Lunch. **7.30** Spicks And Specks. (PG) **8.00** Upper Middle Bogan. (M) **8.30** Catfish: The TV Show. (M) **9.10** Prostitution: What's The Harm? (MA15+) **10.10** Raw Nerve. **10.20** Peep Show. (M) **10.45** Penn & Teller: Fool Us. (M) **11.30** Strippers. (M) **12.15** Weight Loss Ward. (M) **1.05** Outsiders With Darren McMullen. (M) **1.50** Peep Show. (M) **2.15** News Update. **2.20** Close. **5.00** Babar: Adv Of Babou. **5.20** Angelina Ballerina: The Next Steps. **5.35** Toby's Travelling Circus. **5.45** The WotWots.

SBS VLND

6.00 WorldWatch. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** Daria. (PG) **4.30** VICE News Tonight. **5.00** The Feed. **5.30** If You Are The One. **6.30** Soccer. A-League. Round 16. Sydney FC v Adelaide United.

9.15pm **Bare Knuckle**. (M) **9.45 VICE News Tonight**. **10.15 Nathan For You**. (PG) **10.45 Movie: Tai Chi 0**. (MA15+) (2012) **12.30 VICE News Tonight**. **12.55 Bare Knuckle**. (M)

1.25 Larping Saved My Life. **1.55 Inhuman Kind**. **2.25 Weedquette**. (M) **2.55 Weedquette**. **3.20 365: Every Day Docos**. **3.25 NHK World English News**. **5.00 Korean News**. **5.30 Indonesian News**.

include one free entry per ticket into the main prize draw.

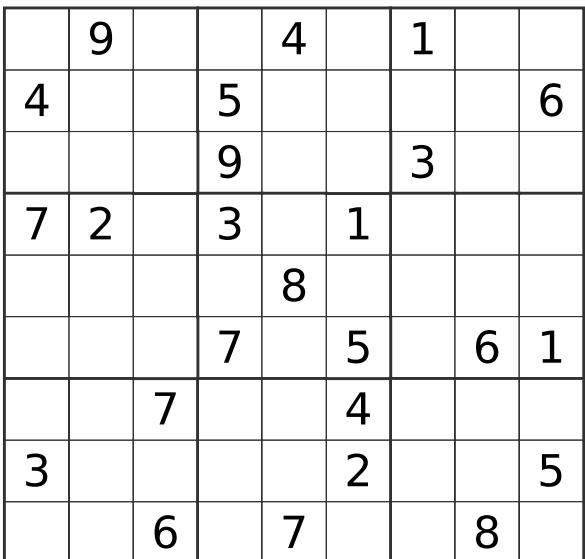
SAT 11 MARCH 2017
6:00 PM - 11:00 PM

Tavernetta Function Centre
144 Dorville Road
Carseldine, Queensland 4034
Australia

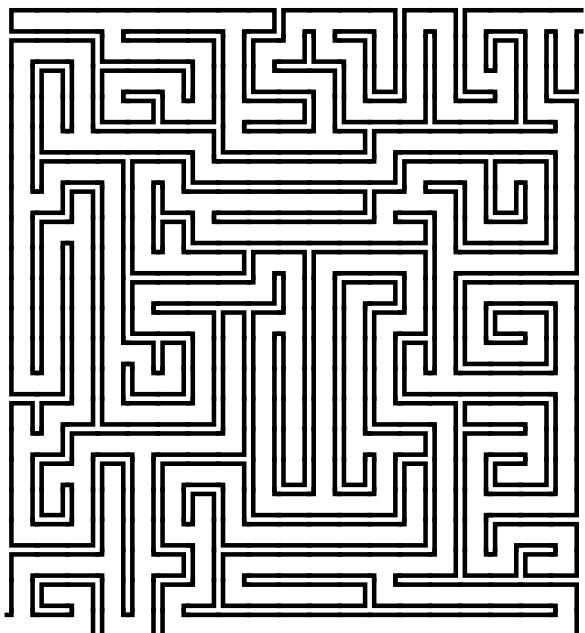
If you are able to help or would like to know more please feel free to contact us via email blakesbestmate@gmail.com or ph: 0421226714

www.facebook.com/blakesbestmate/events

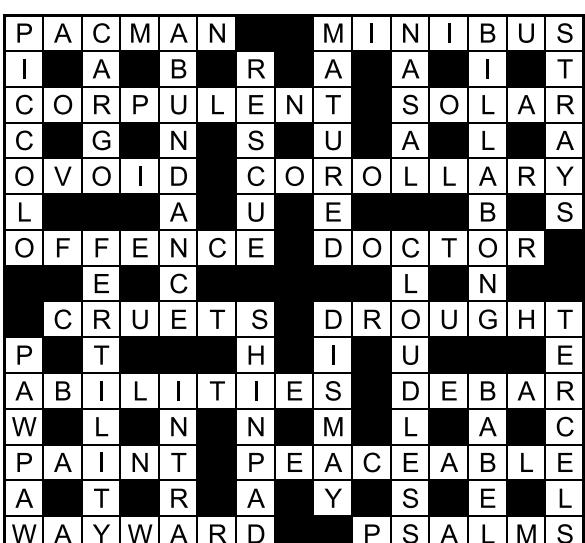
SUDOKU



AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE



CROSSWORD 6462

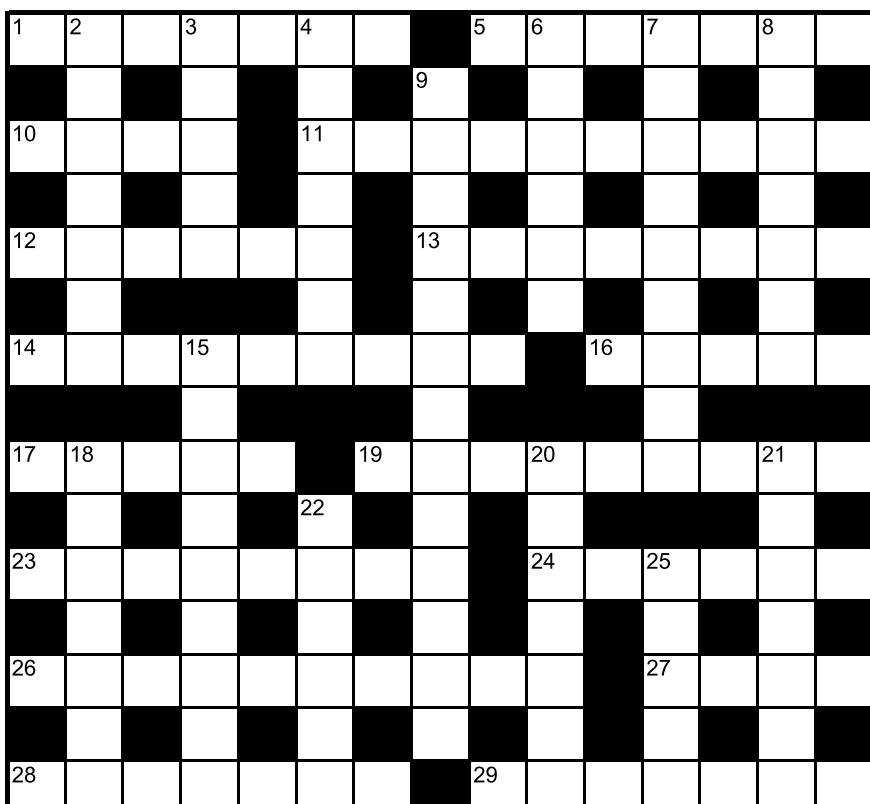
wordification kindly provided Laurie Stibbe

ACROSS

- 1 Actual; genuine
- 5 In the middle of
- 10 List of food available for a meal
- 11 Hairdresser establishment
- 12 Creek
- 13 Dabbling ducks
- 14 Intense artillery fire
- 16 State of acute pain
- 17 Malice
- 19 Emergency vehicle
- 23 Eighth sign of the Zodiac
- 24 Loose, brightly-coloured skirt
- 26 Daydream
- 27 Twelvemonth
- 28 One who copies another
- 29 Various

DOWN

- 2 Tendency to remain inert
- 3 Circumvent
- 4 White of the egg
- 6 Untoasted dry cereals
- 7 Longing for something past
- 8 Wearing footgear
- 9 Mint liqueur (5.2.6)
- 15 In a normal manner
- 18 Small flute
- 20 Sudden forceful flow
- 21 Oratorio
- 22 Noisy insect
- 25 Verse



COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

www.northlakesmessenger.com.au

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: community@northlakesmessenger.com.au

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



New electricity rebate to help those who need it most

THE NEW ELECTRICITY CONCESSIONS THAT WILL HELP 157,000 EXTRA QUEENSLAND FAMILIES WITH A COMMONWEALTH HEALTH CARE CARD SAVE \$330 A YEAR ON THEIR ENERGY BILLS CAME INTO EFFECT JANUARY 1 2017

Under the changes, eligible households will be able to contact their electricity retailer to apply for the concession from 1 April, but it will be back-dated to 1 January.

Minister for Energy Mark Bailey said the changes were the Government's response to the recent Queensland Productivity Commission findings.

"The Palaszczuk Government's extended assistance through its Electricity Rebate will bring even more help to vulnerable households with Health Care Card holders and asylum seekers eligible to receive around \$330 a year to help pay their energy bills," Mr Bailey said.

"Reforming the energy concessions framework to improve support to vulnerable customers is a key element of the Government's response to the QPC's findings.

"Importantly, there will be no changes to existing eligibility for Pensioner Concession Card holders, Department of Veterans' Affairs Card holders or Queensland Seniors Card holders."

Mr Bailey said the Palaszczuk Government was committed to stabilising electricity prices after they surged during the Newman-Nicholls government.

"We came to government with a firm commitment to Queenslanders to stabilise electricity prices and this is another step in following through on our word," he said.

"Under the first two years of the Palaszczuk Government, prices have increased annually for households by an average of just 1.2 per cent. This is in comparison to the 43 per cent rise during the Newman-Nicholls years.

"The stabilisation is in part due to our decision to direct the State electricity providers Ergon and Energex not to appeal the Australian Energy Regulator's decision to curb network costs.

Key elements in the government's response to the QPC Report include:

- providing additional funding starting at \$48 million per annum (or \$170.1 million to 2019-20) to extend the electricity rebate to Commonwealth Health Care Card Holders so that an additional 157,000



low-income Queensland families are better supported. From 1 January 2017, low-income households and families will become eligible to receive around \$330 a year to help pay their energy bills;

- retaining the electricity rebate for holders of a Pensioner Concession Card, Veteran Affairs Gold Card or a Queensland Seniors Card;
- supporting regional business customers by providing \$10 million over two years to deliver improved access to digital metering, greater information about tariff options and co-contributions to help customers invest in operation and equipment changes to manage bill impacts;
- maintaining our commitment to building the uptake of renewable energy in Queensland; and
- identifying improvements to the governance arrangements for the government's energy businesses to strengthen shareholder oversight.

Health Care Card holders can apply for the rebate by contacting their electricity retailer from 1 April 2017. Once verified, the rebate will start appearing on the eligible customers' next electricity bill, with payments back-dated to 1 January 2017, or the period when the customer became eligible after 1 January.

Information regarding the application process for asylum seekers will be released shortly.

Customers can keep up to date by visiting www.dews.qld.gov.au/electricity/rebates or follow 'Renewable Energy Queensland' on Facebook or Twitter or telephone 13 QGOV (13 74 68).

"These additional concessions are responsible reforms that will provide a real benefit to these sometimes vulnerable groups," Mr Bailey said.

HEALTH CARE CARD HOLDERS CAN APPLY FOR THE REBATE FROM 1 APRIL 2017.

THE REBATE WILL START APPEARING ON THE ELIGIBLE CUSTOMERS' NEXT ELECTRICITY BILL.,

PAYMENTS WILL BE BACK-DATED TO 1 JANUARY 2017



North Lakes 25 Staghorn Parade

Absolutely Stunning Executive McCarthy Home!

Alex and Renata Silva are very proud to introduce this unique and stunning McCarthy Home. This fantastic 5 bedroom home boasts 4 living areas, 3 bathrooms, ducted air-conditioning, stunning pool, 5 kw solar power, and sits on a large block located in one of the most prime locations in North Lakes, Woodside Estate. With such superb luxury finishings throughout this home, it will be difficult to ever click out of holiday mode. This home is truly stunning and needs to be sold!

Ray White North Lakes

- Master-Suite with Huge WIR
- Open Plan Tiled Stunning Kitchen with Stone Benches
- Separate Formal Lounge & Dining
- Fully Air-Conditioned throughout
- The Enticingly Resort-Style Blue in-ground Pool
- Ample of storage - linen closet and under stairs

Sale

\$679,000+ buyers

Alex & Renata Silva

0415 584 349

View Saturday 10.00 - 10.30am

alex.silva@raywhite.com

3/13 Discovery Drive North Lakes

3482 3501 / 3491 9153

raywhitenorthlakesqld.com.au

raywhitemangohill.com.au

5 3 2



North Lakes 11 Wombat Parade

3 2 1

North Lakes 47 Expedition Drive 3 2 2

**SOLD by
Alex & Renata!**

Thinking of Selling?

Alex & Renata Silva

0415 584 349

Ray White North Lakes | Mango Hill



**SOLD by
Alex & Renata!**

Thinking of Selling?

Alex & Renata Silva

0415 584 349

Ray White North Lakes | Mango Hill





North Lakes 7 Medinah Circuit



North Lakes 8 Walowa Street



SOLD by Darren Suhle!

Thinking of Selling?

Darren Suhle

0400 197 529

Ray White North Lakes | Mango Hill



Previous Owner's Susan & John say:-

"My wife Susan and I have both worked as real estate agents in the past so we had an idea how it all works. What a pleasure it was to engage the services of Team Wilkie, I found them both to be, no nonsense, honest and upfront and if they said they were going to do something or achieve something they did exactly that. By reputation alone we already knew that they were the areas top agents in a business where you don't become #1 for nothing. "No such thing as good luck". Honesty, integrity, hard work and a heart for the people and for a successful outcome is how I would describe Team Wilkie. Buying or selling, in my opinion, they are the best".

Tony & Nadine Wilkie

0406 861 210



Ray White North Lakes | Mango Hill



North Lakes 4 Silkyoak Court



North Lakes 19 Gleeson Street



SOLD by Team Wilkie!

Thinking of Selling?

Tony & Nadine Wilkie

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Ray White North Lakes | Mango Hill



SOLD by Team Wilkie!

Thinking of Selling?

Tony & Nadine Wilkie

0406 861 210

Ray White North Lakes | Mango Hill





North Lakes 4 Player Street

5 🚙 3 🏠 2 🚗



Griffin 45 Montegrande Circuit

4 🚙 2 🏠 2 🚗

SOLD by Vijay Kumar!

Thinking of Selling?

Vijay Kumar

0477 199 210

Ray White North Lakes | Mango Hill



SOLD by Vijay Kumar!

Thinking of Selling?

Vijay Kumar

0477 199 210

Ray White North Lakes | Mango Hill



North Lakes 60 Cottonwood Circuit

3 🚙 2 🏠 1 🚗



Bald Hills 40 Seaton Street

4 🚙 1 🏠 1 🚗

SOLD by Darren Suhle!

Thinking of Selling?

Darren Suhle

0400 197 529

Ray White North Lakes | Mango Hill



SOLD by Darren Suhle!

Thinking of Selling?

Darren Suhle

0400 197 529

Ray White North Lakes | Mango Hill



REIQ launches training website

THE REAL ESTATE INSTITUTE OF QUEENSLAND HAS LAUNCHED A NEW REAL ESTATE TRAINING WEBSITE, TIMED TO COINCIDE WHEN PEOPLE ARE MOST LIKELY CONSIDERING A NEW CAREER.

The site, MyRealEstateJobs.com.au offers advice and a wealth of information about the broad range of careers that a real estate qualification can deliver and also outlines the courses available through the state's leading real estate training provider, the REIQ.

REIQ CEO Antonia Mercorella said with the dawn of a new year, people often reviewed their options.

"After the last of the Christmas lunch is packed away, people often start to think about returning to work and this is when they wonder if there might be a better career."

"Our new site, MyRealEstateJobs.com.au offers detailed information about all the jobs you can choose from when you have real estate qualifications.

"A real estate career isn't limited to being a sales agent or a property manager. You can be an auctioneer, a buyer's agent, a business broker, or an administrator, and you can also be your own boss if you choose to establish your own business," she said.

The website showcases real life experiences from leading



real estate professionals, including Ray White auctioneers Haesley Cush and Phil Parker, Place sales agent Cathy Richards, Re/Max property manager Katie Knight, and Harcourts principal Dane Atherton.

The website also offers prospective students the opportunity to attend a free session delivered by an experienced real estate professional, who will share the realities of a career in real estate.

"Our free Introduction To Real Estate sessions are always very popular because they give those who are thinking about a career change an understanding of what real estate is really like – the good bits and the challenges!" Ms Mercorella said.

To promote the new site, the REIQ launched a marketing campaign which began on Boxing Day.

The REIQ is the peak body for real estate profession and the leading provider of real estate training in Queensland, delivering a broad range of study options to anyone considering a career change. Courses can be done online and are self-paced, or there are classroom options available for those who like more support and guidance.



Raine & Horne North Lakes

Teamwork
[noun]

1. The combined action of a group, especially when effective and efficient.

We now manage 3 Offices - 1 Team
Working together to BUY, RENT & SELL
your property in your local area!

Our team is committed to providing you the very best in customer service with outstanding results.
Let us look after all your sales and property management needs. Contact us today.

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E: reception@northlakes.rh.com.au
1/23 Discovery Drive, North Lakes Qld 4509

Raine&Horne.

North Lakes

Burpengary/Narangba
Morayfield/Caboolture

For Sale



North Lakes 17 Willandra Parade

3 2 2

A Stylish 3 Bed + Study Home

Located in Eastridge Estate, this beautifully appointed home is just what the doctor ordered for those who are downsizing or just starting out. Property features:- *3 good size bedrooms with ceiling fan & BIR *Master bed has a WIR & Ens *Large study that could easily be converted into a 4th bed *Open plan modern kitchen with new oven and separate glass cook top *Two large living areas *Separate laundry *Security screens *Fully fenced

For Sale

\$465,000

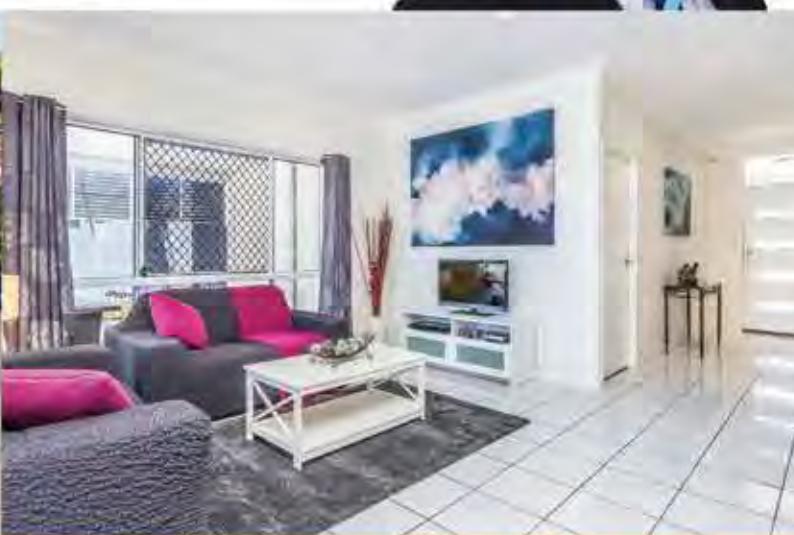
Open Home

Please call for your private inspection

Rod Sheather
M 0412 745 784



Under Contract



North Lakes 6 Staghorn Parade

3 2 2

The Ultimate in Executive, Dual Living

This beautiful home has the low maintenance appeal of a luxury holiday apartment with the capability of dual living. A sparkling entertainer's pool with large undercover alfresco is just another feature of this home. Property features: * Large master with dual shower, Ens & WIR * 2 other bedrooms with ceiling fans & BIR * Modern kitchen with electric appliances * Open plan kitchen, dining & lounge * Powered garden shed * 5,000 rain water tank

For Sale

\$480,000

Open Home

Please call for your private inspection

Rod Sheather
M 0412 745 784



Make your financial resolutions a reality

AT THE START OF A NEW YEAR MANY OF US MAKE A NUMBER OF RESOLUTIONS THAT WE WISH TO INTEGRATE INTO OUR LIVES.

"These resolutions can often include a commitment to eat better, exercise more or be better with our finances," Mortgage Choice chief executive officer John Flavell said

"Whether you're aiming to become a better saver, or you're wanting to save for a home deposit, the key is to not let your resolution fall flat."

Thankfully, Mr Flavell said there are a few easy steps everyone can follow to ensure any financial resolutions become a reality.

1. Set a goal

According to Mr Flavell, the key to saving more money is setting a financial goal that is specific and realistic.

"You can have a large goal in mind, such as buying a home, but you should also break it up into smaller goals that will be easier to achieve," he said.

"If your goal is to save more money, give yourself a dollar figure and a target date to achieve that by, as this will keep you accountable. Savings calculators are helpful tools that can assist you in working out how much you can save a month and how long it will take for you to reach your savings goal."

"You should review your goals at least once every six months to track how you're doing. If you find

that you are not making much progress, rather than giving up, make changes so that you can achieve your goals."

2. Set up a budget

Mr Flavell said a budget was an essential factor in achieving any financial goal.

"By creating a budget, you will have full control of your finances as you will know how much you are spending and saving," he said.

"Tracking where your money is going also allows you to make clear decisions about your purchases, see what expenses you can potentially cut back on, and plan your spending ahead of time."

Mr Flavell said a budget did not have to be too complicated.

"It can be a simple document such as a spreadsheet, where you note down your income and all your expenses for the month," he said.

"The trick is to review and update it regularly to make sure it always aligns with your current financial or personal situation."

3. Review your spending

"You can boost your savings significantly by cutting back on certain expenses, or finding more affordable options," Mr Flavell said.

"Look at your current contracts - like gym memberships and/or your phone contract and see if there are easy ways for you to reduce the amount you spend each month. Call your gym up and ask for a discount, or research your phone provider options online and see if there is a cheaper supplier on the market.

"While you may only save a few dollars here and

there, not only does every cent count, but every cent takes you one step closer to your end financial goal."

4. Reduce debt

Another great way to reach your financial goal faster is to pay down your existing debt.

"The Christmas period is an expensive time of the year, so you have probably racked up debts on your credit card," Mr Flavell said.

"When you get your credit card bill, aim to pay these off completely or minimise them as soon as possible. You should also try and pay more than the minimum amount, which is typically 2% of your closing balance, to avoid paying additional interest."

"When you pay off your debts, you free up your cash flow. This means you have more money in your back pocket each month that you can put towards your financial goals."

5. Shop around for better deals

Now that you know how much you're saving and how to potentially increase your cash flow, the next step is working out the best place to put your money.

"If you want your money to work as hard as possible for you, you need to ensure you are saving it in the right location," Mr Flavell said.

"Get online and research the various options provided by Australia's lenders. By doing your research, you will see what term deposit facilities or savings accounts will offer you the greatest return on your dollar."

"Before making any final decisions however, speak with your bank or your local broker to ensure it is the right financial move for you and your end goals."



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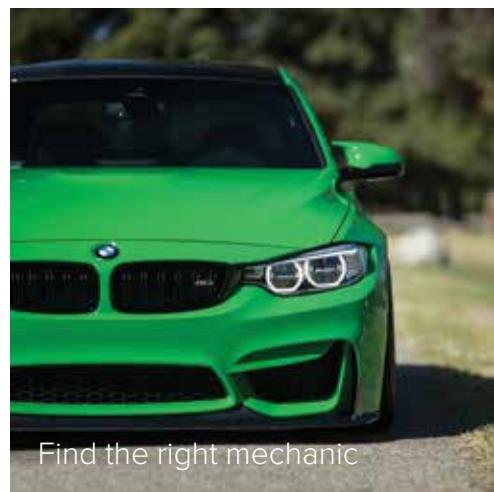


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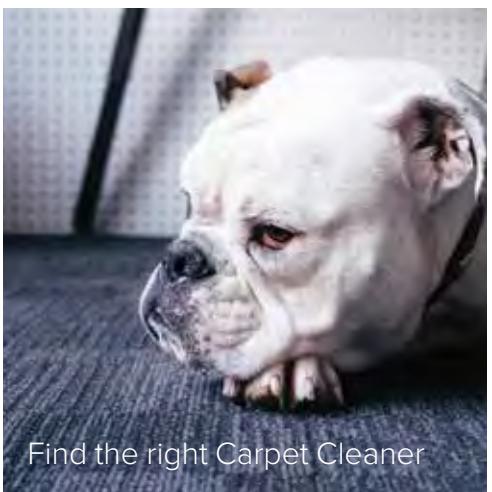
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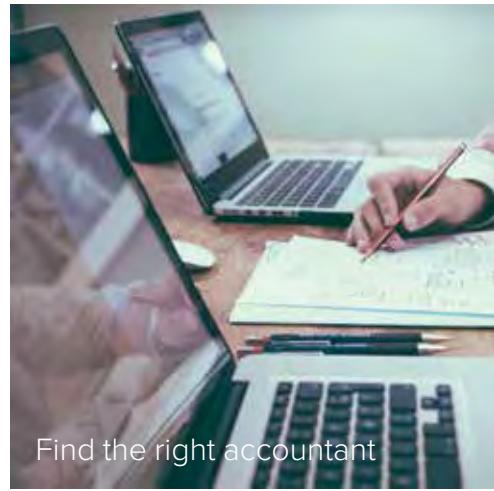
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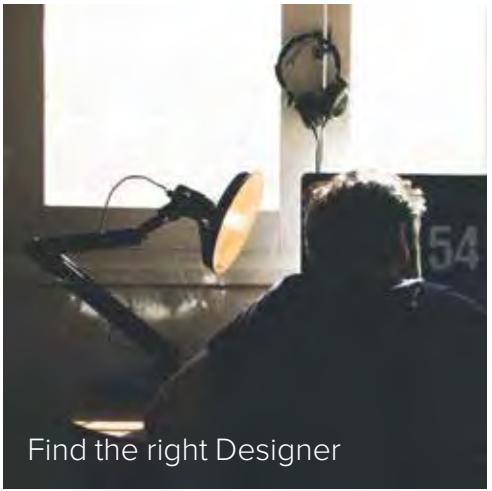
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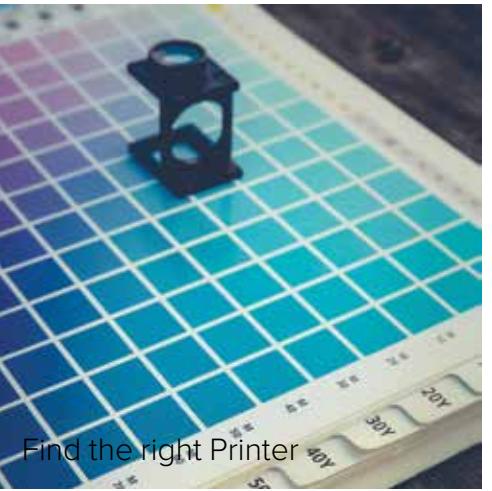
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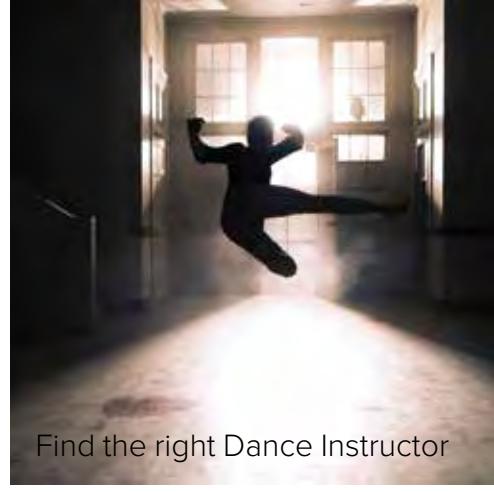
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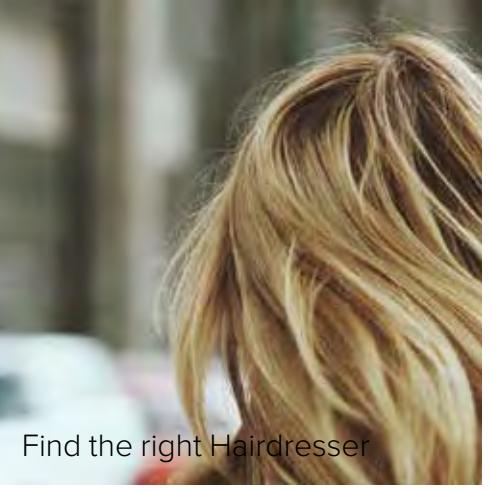
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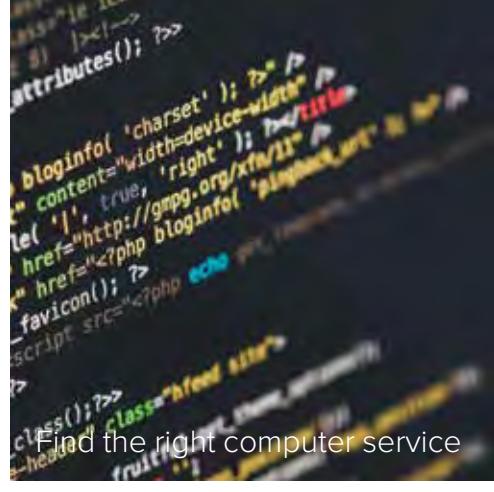
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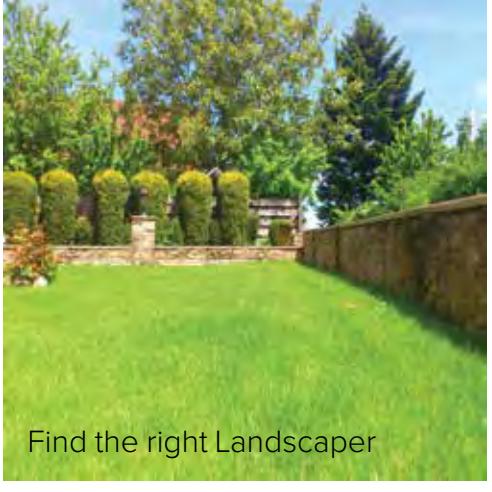
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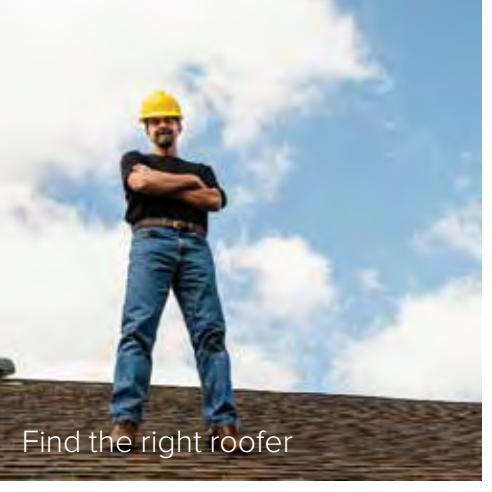
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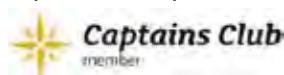
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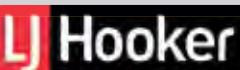
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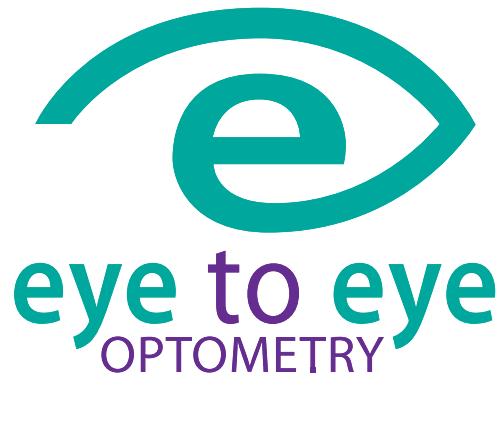
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